



Book title: SPOT, I LOVE YOU

By Eric Hill

### Love Heart Card

#### You will need:

- You and your baby
- Paint
- Sponge
- Light cardboard or paper
- Wipes for clean up.

#### Instructions:

- Pour a small amount of paint onto a sponge
- For young babies help them to press their hand onto the paint pad. For older babies role model and then allow them to experiment for themselves (it will be messy so wear old clothes and perhaps paint outside)
- Press handprint onto the card
- You can overlap handprints to create a heart if you like
- You might like to make a heart print family tree, starting with your hands in one colour of paint, allow to dry then add your baby's handprint over the top
- Record date of baby's age.



Adult supervision is essential. Involve and talk with your child as much as possible.

#### Further information

When babies and young children feel loved, safe and secure they are ready to take on the world! Babies who have a strong sense of wellbeing are open and ready to explore new experiences. Spending one on one time with your baby helps them to develop happy wellbeing. Spend time snuggled up together and share stories, look at and talk about the pictures in the book. Sing songs with gentle actions, babies love listening to the sound of your voice even if you aren't a confident singer. Talk with your baby about anything and everything! They are learning how language works by listening to you, and watching you speak.

#### Songs

*Twinkle, Twinkle Little Star* or *Open, Shut Them*.

#### Key message

Children learn by best in nurturing environments.

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