

## GAMES

All of these games can be played on the tummy or on hands and knees.

1. Block Building: (Need blocks.) Blocks are placed at one end of the room. Parent and child are at the other end. Child goes back and forth to get blocks. \*
2. Ball into the Box: (Need box and balls or marbles.) Parent and child try to roll ball into box for prize and then go to retrieve the ball. \* Need to give prizes for successful rolling.
3. Hide the apricots: (Need apricots, slices of carrot, raisins, or the like.) Food is hidden in various places around the room and child goes around to find them. Parent reclines on couch for much needed rest and occasionally says "getting warm" or "getting cold" to the child.
4. Race for Objects: (Need a group of 3 to 5 small, unbreakable objects.) One person throws them to the other end of the room and parent and child race after them to see who can get the most first. \* Prizes may be necessary for winners.
5. Free Play with Moving Objects: (Need car, train, or other toys that move by friction.) One person gets it moving and both race after it, or child plays with it by himself.
6. Go Fish: (Need cards.) This is one of six card games that worked to facilitate crawling and creeping. The cards are spread around the room in a big circle and the child is asked to match pairs. Find all the cows, find all the A's, etc.
7. There are several games that cost a few dollars each that may facilitate crawling and creeping. These include Quits, Darts, Pop-Za-Ball, Dominos (play like #1 above), Picture Lotto (also played like #1 above), etc.
8. Drag-A-Bag: (need paper bag, long piece of string and small objects, food or toys.) Parents put objects in bag, wrap string around top of bag and pull it around the room as child tries to catch it.
9. Walk-the-Dog: For symbolic reasons, you may not choose to play this one, but for some kids it works very well. Tie a leash to the child's back and pretend that you are walking the dog, to the bone, to the store, to the hairdresser, and to the clothes store, etc.
10. Tag and Hide-and-Seek.
11. Tent Making: Much creeping and crawling can be involved in free play centered around a tent made in the living room with chairs and a blanket.
12. Puzzles: This is similar to the card games. Pieces of a puzzle are spread in a circle around the room and the child gets each piece separately and builds the puzzle. \*
13. Simple Simon.
14. Egg Hide: (Need several toy plastic eggs that come apart in the middle, or several small paper cups.) Egg halves are spread in a circle around the room and an object of food is hidden under one. The Child has to creep or crawl around to find the object.

15. Red Light, Green Light.
16. Potato race.
17. Going Shopping: (Need coins and toys or toy foods.) Coins are at one end of the room. Toy food is at the other. Child gets coins (one at a time) and shops from parent (storekeeper) at the other end of the room. \*
18. Bubbles: (Need bubble soap.) Blow bubbles at the other end of the room. Child creeps or crawls to pop them.
19. Pan and Spoons: Parent puts a pan and six spoons at the other end of the room. The whole family races to put all the spoons (which are spread widely apart) in the pan before the timer goes off.
20. Mail Delivery: (Need letter box for each family member and mail to deliver.) Child gets letter from "Post Office" and makes delivery. \* Junk mail can be used.

\*Note: For any of these games that involve the child carrying objects, it is important for the child to have a pocket or pouch to hold the object while he or she is transporting it so that his or her hands can remain free while crawling or creeping. Bib-overalls, fanny packs or small pouches worn in a way that doesn't interfere with the child's movement can be used.