

# Try this...

## Blowfish

- \* After you change your child, **puff up your cheeks like a blowfish** and then place their feet on your cheeks to push the air out till you go “pop!”
- \* **What other sounds or faces can you make together** – like sticking out your tongue?
- \* Can they **copy some of these?**



 Search 'NSPCC brain-building'



### The science bit

The back and forth game you're playing with your child when making faces and noises may seem silly, but it's not! They're learning to watch you and respond, which are essential components for the skill of communicating now and in the future.

EVERY CHILDHOOD IS WORTH FIGHTING FOR