

Especially for parents of young children! 

# Sure Winner Lap Games

 Rhymes and Sound Awareness

Parent–infant lap games have long been a joy to babies. The lap games described in this practice guide are often some of the first games a baby plays and are ones that will help your child vocalize and “talk” to you more and more.

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## What is the practice?

Lap games like **Peek-a-Boo**, **So Big, I’m Gonna Get You**, and many others are not only fun but help infants learn about give-and-take during parent/child play. The more you play the games with your child, the more she will try to do all or part of the activity. The more she tries, the more likely she will squeal and make gleeful sounds.



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## What does the practice look like?

Lap games are a fun way to encourage a child to watch, listen, and learn to play with others. The most important part of lap games is the your-turn/my-turn exchange between you and your child. At first, you will do most of the work. As your child becomes more familiar with a game, she will try to begin or do part of a game. Encouraging your child to start or continue a game will help her learn she can get someone to play with her.

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## How do you do the practice?

Several simple but powerful lap games are described next to give you an idea about how to make your baby a “star player.” You can find many other lap games by searching the Web using **infant lap games**.

- Lap games work best when your child is alert and well-rested. Most infants like to lie on their backs or face-up on their parent’s lap while playing these games.
- Three lap games most infants enjoy are **Peek-a-Boo**, **So Big**, and **I’m Gonna Get You**. There are no right or wrong ways to play such games. The important thing about these, as well as other lap games, is the give-and-take, your turn/my turn, and back-and-forth play between you and your child.
- **Peek-a-Boo**. Cover your infant’s eyes with a cloth, remove it, and say “Peek-a-boo, I see you.” Repeat the game as long as your child seems to enjoy it.
- **So Big**. Gently stretch your child’s arms above her head while saying “so big.” Kiss or blow raspberries on your child’s tummy after her arms are stretched out.
- **I’m Gonna Get You**. Say “I’m gonna get you,” and repeat the phrase three or four times as you move closer to your infant’s face and finally kiss or tickle her neck.
- Lap games can be played as often as your child seems to enjoy them. After your child “catches on” to how a game is played, encourage her to do part of the movements of the game (such as lifting hands above the head while playing **So Big**). Any time your child vocalizes or makes any sounds, repeat them and make them part of the game.

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## How do you know the practice worked?

- Does your child try to start or do some part of the game?
- Does your child squeal, make sounds, or laugh as each game ends?
- Does your child seem to recognize how the game is played?

# Take a look at more infant lap games

## Let's Play "So Big!"

Three-month-old Madison and her father have developed a unique way of playing *So Big*. She starts the game by raising her arms above her head and by "hollering" at her dad to get his attention. Dad then says, "Daddy sees Madison who is so, so big," and tickles her under her arms. Madison squeals with delight and starts the game again. She and her dad repeat the game many, many times. Her dad changes his response to Madison raising her arms above her head by blowing raspberries on her tummy or giving her kisses on her neck.



## Hey, This Is Fun!

Daniel, 10 months old, loves it when his mother plays *I'm Gonna Get You* with him. Mom starts the game by holding her hands out in front of her and closing and opening them while repeating "I'm gonna get Danny, I'm gonna get Danny," while moving her hands closer and closer to her son's stomach. She finishes by gently grabbing Daniel around his tummy and rocking him back and forth. Daniel gets her to "do it again" by looking at his mother and babbling happily.

## What a Kick!

Eli, 8 months old, isn't able to use his arms and hands very well, but his mother has found a fun way to play *Peek-a-Boo* with him. Eli loves to kick and does so vigorously! His mother gets Eli to play *Peek-a-Boo* by attaching a ribbon to a small towel and tying the other end to Eli's ankle using a Velcro band. Mom gently bends Eli's legs while placing the cloth over his face and asks, "Where is Eli? Where is Eli?" Eli almost immediately kicks off the towel and his mother exclaims, "Peek-a-boo! I see you!" Eli has started to bend his knees on his own to tell his mom he wants to play the game again.

