

How to Play Pat-a-Cake with a Baby or Toddler

When teaching a young child, the arm movements that go along with the Pat-a-cake song, it is helpful to go through the song several times hand-over-hand with your child until they get the hang of it. Some families really play up the “roll it” and “pat it” lyrics, making the “l” sound last a long time, and making a lot of patting motions for “pat it”.

Lyrics

Pat-a-cake, pat-a-cake baker's man
Bake me a cake as fast as you can!
Roll it, Pat it
And mark it with a “B” for baby and me!

For baby and me
For baby and me!
Pat it and mark it with a “B”
Put it in the oven for baby and me!



How to Play Pat-a-Cake

1. For the first 2 lines of the song, each player claps their own hands together, then uses one hand to clap the other player's alternate hand.
2. For the “roll it” portion of the third line, make fists with both hands and bicycle your arms one over the other
3. For the “pat it” portion of the third line, use a flat hand to make a patting motion - pretending to smash down a ball of cake mix.
4. Draw an invisible “B” in the air with their index finger.
5. Act out opening and placing an item in the oven, then brings their arms in to rock a pretend baby.

Peek-A-Boo

Peek-A-Boo can be played with newborn babies and can increase in complexity as your child ages. Children learn the concept of Object Permanence at around 4 months of age, but even a 1-month-old will enjoy the eye contact and parental interaction a game of Peek-A-Boo provides.



How to Play Peek-A-Boo

1. Situate yourself close to your child so they can clearly see your face. If you are playing with a very young baby, keep in mind their eyesight is still developing and you need to be within a foot of their face to be seen clearly.
2. Cover your face with your hands, a blanket or a stuffed toy.
3. Dramatically open your hands or remove the blanket or stuffed toy from the front of your face and say in a loud happy voice, "Peek-A-Boo!"
4. Repeat.
5. Once your child is comfortable, you can cover their face with the object or their own hands and then do a quick reveal, so they can learn how to participate in the play.

Hide and Seek

The object of Hide and Seek is for the person who is "it" to find the other players who are hiding.

How To Play Hide and Seek

1. Choose who will be "it".
2. "It" closes or covers their eyes and counts to 50.
3. While "it" is counting the other players scatter and find places to hide.
4. "It" then goes looking for the other players.
5. When he finds one they are out. The last player to be found becomes the new "it".

