



Catch my tail

What to do with this activity?

"Catch my tail" is a variation on the game of tag but with the extra bonus that it will fire your child's imagination.

Think of all the animals that have tails - monkeys (like the one in the picture above), tigers, lions, domestic cats, dogs, foxes - the list goes on. Talk about what animal your child wants to be in the game.

Attach a tail to your child. It can be a tie or scarf or any long piece of cloth tied around their waist or pinned on with a safety pin. Now the chase is on. Who can catch their tail? If the tail is caught, it gets transferred to the catcher, and the chase begins again. This game can be played with several children. Each time the tail is caught it transfers to the catcher and they can decide to be a different animal if they like.

Why am I doing this?

Play is one of the main ways that babies and toddlers learn about the world – it's also one of the most effective ways they learn. When a child plays they refine learning skills that continue to develop during childhood and beyond.

How can I do more?

As a parent, you are your child's best playmate so try to spend time every day playing together. As your baby gets older, don't try to teach them anything during play. They will learn best if they choose what to play and you follow their lead.