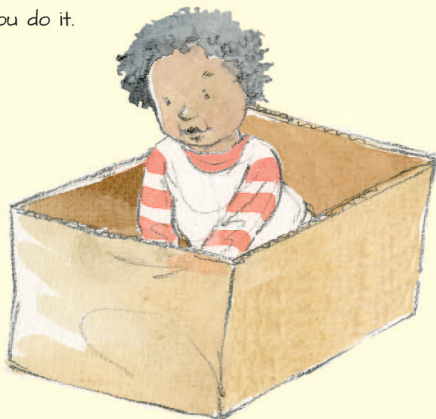


In and out

From about the age of twelve months, your toddler may be starting to understand a few 'positional' words. You can play simple games to encourage this.

You could lift your toddler in and out of a cardboard box, saying 'in' and 'out' as you do it.



- Try gently placing your toddler's hands 'in' and 'out' of the box, then ask her to do it herself.
- Continue this game by asking your toddler to get 'in' and 'out' of the box.
- Children of this age are also beginning to learn the words 'up' and 'down'. Take a small box, lift it up and then bring it down again, saying 'up' and 'down' as you do it.
- Give the box to your toddler and ask her to lift it up and bring it back down again.