

look say sing play

Guide to running a virtual Look, Say, Sing, Play session

The below virtual session plan has been structured into the following areas:

1. Brief Introduction to Look, Say, Sing, Play
2. Metaphors you can introduce into your session
3. Look
4. Say
5. Sing
6. Play

• The session plan is only a guide, and it will need to be adapted to fit the age of the children, the size of group and the needs of the parents.

• You might want to hold four separate sessions to cover each component of 'Look Say Sing Play' or you might want to cover all 4 in one session.

• You may wish to show the group some videos, demonstrating some of the activities and explaining some of the science behind the activities. We have therefore included some suggestions of video clips. However, you don't have to show these if it does not feel right for your group.

The aim of the session is for it to look and feel:

- **Approachable and genuine** – we want parents to feel that we're celebrating their role as a parent and supporting them.
- **Authentic** – reflecting the realities of parenthood, including that parents' lives are busy, can be messy and have their highs and lows.



NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

look say sing play

- **Non-judgmental and strengths based** – celebrating the amazing job parents are already doing and the huge impact they have on their child’s development. The session should give a sense that they already have everything they need to be a great parent.

Brief introduction to Look, Say, Sing, Play

Look, Say, Sing, Play is an NSPCC campaign which helps parents with building their babies brains.

During your child’s earliest years, their brain makes 1 million neural connections every single second. Positive, supportive experiences with parents and other adults are important to their brain development.

The NSPCC have teamed up with Vroom™ to give parents some fun and easy tips to help you bring even more Look, Say, Sing and Play into your daily routine with your baby.

You can sign up for weekly brain building tips and ideas you can do with your baby on the NSPCC Look Say Sing Play website:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/sign-up/>

In today’s session we will introduce you to some of the fun activities you can do with your baby to help build their brain.

Possible video to show :

Look Say Sing Play: <https://www.youtube.com/watch?v=rwYYN4eALik>

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR



Helpful metaphors for explaining the brain science:

There are two metaphors below that you could introduce to your virtual group if you think it would be helpful.

You could show them videos of the metaphors or you could just incorporate these metaphors into your discussions of the Look, Say, Sing, Play activities.

Brain Architecture

The first three years of a child's life are so important for how your child's brain grows and develops.

- We can think about this using the metaphor of building a house
- Like the construction of a house, the building process happens in a sequence – first laying the foundations, shaping the rooms and later wiring the electrical system.
- These things have to happen in the right order.
- Early experiences in the first 3 years literally shape how the brain is built.
- A strong foundation in the very early years, starting from birth, increases the chances of positive health and learning later on.

Here is a video to illustrate the metaphor:

<https://www.youtube.com/watch?v=HLoqQyccMJU> (2:40mins)

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

look say sing play

Serve and Return

But it's not about just singing or talking at your baby. Brain-building happens when you and your little one are interacting with each other.

When interacting with one another it can be helpful to remember the serve and return metaphor.

- Like the serve and return rally in a good game of tennis, young children naturally reach out for interaction with adults through babbling and imitating facial expressions (Serving).
- It's important that the adult returns that interest by getting in sync with the child using eye contact, facial expressions, gestures, words etc., which will ramp up the child's enthusiasm and they do the activity again.
- These positive interactions encourage children to use that particular brain circuit again which will lead to a sturdier brain architecture.
- 'Serve and return' interactions repeated throughout a child's early years are the bricks that build a healthy foundation and will help develop important language, cognitive and social skills.

Here is a video to illustrate the metaphor:

<https://www.youtube.com/watch?v=r3otmWWFrZ4> 2.46 mins

Here is a video demonstrating a 'serve and return' rally between a father and his son: <https://www.youtube.com/watch?v=Yn8j4XRxSck> 1.25 mins

Look, Say, Sing, Play activities

Once you have introduced Look, Say, Sing, Play and explained why it is important you can get the parents and their babies doing some activities and playing some games.

Under each section on the next few pages we have included some videos you can show parents which might help inspire the activities they can then try with their baby. Obviously only show the videos that feel helpful and relevant to your group.

You can encourage parents to do the activities explained in the videos, on the [Look, Say, Sing, Play activity sheets](#) provided or make your own.

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

look say sing play

Look

Encourage parents/carers to **LOOK** at what their baby's focusing on and how they react.

Brain-building all starts with taking a cue from your little one. Look to see what they find interesting or funny, copy and react to what they do. You could think of it like a game of tennis – going back and forth between the two of you.

Possible videos to show before completing the activity:

[Reach Out | Look Say Sing Play | NSPCC - YouTube](#)

This video shows the 'reach out' game which encourages parents to place their baby on their back and dangle safe household items just out of their child's reach.

[Colours We Like | Look Say Sing Play | NSPCC - YouTube](#)

This video shows ways for parents to talk to their baby about colours and help their child make a connection between colours and memories.

Activity

Chose a 'Look' activity or game that would work well with your group. You can make up your own activity or choose or adapt one from the [Look, Say, Sing, Play activity sheets](#) or from the suggested videos above.

Set the parents an allotted time to try out the chosen activity with their baby before you reconvene as a group.

Group discussion

- What have you learnt from this activity?
- What did your baby like?
- How did they react?
- Will you do this activity with them again?
- What other activities like this could you do with your baby?

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

look say sing play

Say

Encourage parents/ carers to SAY what they're doing and copy the sounds their baby makes.

Talking to your baby, or copying when they babble, is an easy way to build their brain throughout the day. Even talking about simple actions as you do them is a great place to start. Try adding silly voices and use expressions to bring your words to life.

Possible videos to show before completing the activity:

[Bag Adventures | Look Say Sing Play | NSPCC - YouTube](#)

This video shows an activity parents can do with children that encourages them to talk to their child and explore safe objects in a bag and talk about what they have found.

[Texture try out | Look Say Sing Play | NSPCC - YouTube](#)

This video encourages parents to use safe textures on their child's skin and to talk about how it feels in order to help build the connection between words and feelings/sensations.

Activity

Chose a 'Say' activity or game that would work well with your group. You can make up your own or choose or adapt one from the [Look, Say, Sing, Play activity sheets](#) or from the suggested videos above.

Set the parents an allotted time to try out the chosen activity with their baby before you reconvene as a group.

Group discussion

- What have you learnt from this activity?
- What did your baby like?
- How did they react?
- Will you do this activity with them again?
- What other activities like this could you do with your baby?

look say sing play

Sing

Encourage parents/carers to SING along to their favourite tunes or make up their own.

Children's brains are wired to hear you talk in a sing-song voice. When you talk slowly and stretch sounds out in a musical way, their eyes light up and their heart rate increases. You don't need to be a good singer to pull this one off! Try using familiar tunes (here we go around the Mulberry Bush is a good one) and changing the words to describe things you're doing.

Possible videos to show before completing the activity:

[Singing Day | Look Say Sing Play | NSPCC - YouTube](#)

This video shows how parents can make up songs about everyday objects.

[Sing Your Books - YouTube](#)

This video demonstrates how you can sing books to children which can help engage them and keep their focus.

Activity

Chose a 'Sing' activity or game that would work well with your group. You can make up your own or choose or adapt one from the [Look, Say, Sing, Play activity sheets](#) or from the suggested videos above.

Set the parents an allotted time to try out the chosen activity with their baby before you reconvene as a group.

Group discussion

- What have you learnt from this activity?
- What did your baby like?
- How did they react?
- Will you do this activity with them again?
- What other activities like this could you do with your baby?

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

look say sing play

Play

Encourage parents/carers to PLAY simple games and see what their child enjoys.

You don't even need toys for this brain-building skill. Try playing peekaboo, mess about with bubble bath, or even turn sorting laundry into a game! Over time, you can add playful moments throughout the day which will not only be fun but will also help to create a caring and trusting relationship with your child.

Possible videos to show before completing the activity:

[Sound Sensor | Look Say Sing Play | NSPCC - YouTube](#)

This video shows how parents can play with their child by using their voice or household items that make a sound.

[Make Believe | Look Say Sing Play | NSPCC - YouTube](#)

This video shows parents some pretend play ideas that they can do with their child.

Activity

Chose a 'Play' activity or game that would work well with your group. You can make up your own or choose or adapt one from the LSSP activity sheets or from the suggested videos above.

Set the parents an allotted time to try out the chosen activity with their baby before you reconvene as a group.

Group discussion

- What have you learnt from this activity?
- What did your baby like?
- How did they react?
- Will you do this activity with them again?
- What other activities like this can you do with your baby?



End of the session

- Offer lots of praise and positive feedback.
- Remind parents that the first three years of a child's life are so important for how their child's brain grows and develops. That by regularly interacting with their baby in the way that they have today, they will be setting up a strong foundation, increasing the chances of positive health and learning in the future.
- Inform parents that they can get more activity ideas from the [NSPCC Look, Say, Sing, Play website](#) and encourage them to sign up for weekly ideas for different activities they can try with their child.

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

look say
sing play

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR

National Society for the Prevention of Cruelty to Children (NSPCC). Patron: HRH The Countess of Wessex GCVO Founded in 1884.
Incorporated by Royal Charter RC000374. Registered charity number 216401 (England and Wales) and SC037717 (Scotland).
The children and adults pictured are volunteers. J20191090.