



Activities for online contact visits with toddlers

Video conferencing is difficult with toddlers. Ask your Case Worker if it is possible to have face-to-face contact.

If video conferencing is the only option, here are some things to think about:

- Choose a good time of the day when your child is not hungry or tired
- Move close to the camera so that your face fills the screen, and position the camera at eye level
- To increase connection through eye contact, focus directly on the camera as you speak. As you listen, look at your child on the screen
- Minimise noises and other distractions - even clutter in the background could distract your child. When you are not talking, mute your microphone. Turn your phone on silent, and close other windows on your screen to avoid sounds and notifications
- Aim for short but frequent video chats. A young child's concentration is quite short
- Plan your contact! Have items that you need close by. This will avoid losing precious time while you search for things, and will help maintain your child's concentration
- Give some structure to each session: begin with a song or rhyme; middle where you can share an activity or story; end a goodbye song or saying

Alternate activities

Be aware that toddlers are always on the move and have short concentration. They lose interest in an activity very quickly. This is disheartening but give your child a break from engaging for a few minutes, then try re-engaging them in a new activity.

Alternate between activities that require them to look at the screen and listening activities.

Animal sounds

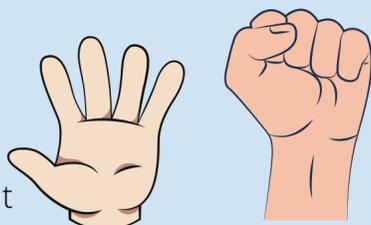
Use puppets or cuddly toys to engage your child, to generate conversation, and use funny voices.

Make a range of animal sounds and encourage your child to copy them saying:
"How does a lion sound? A lion goes ... ROAR"

Sing some action songs

Sing some action songs together:

- Twinkle Little Star
- Incy Wincy Spider
- Open, Shut them
- If You're Happy and You Know It
- Row Row Row your Boat



Search YouTube for some other ideas:

The Wiggles

The Learning Station

The Singing Walrus

The Kiboomers



Show and Tell

Ask your child to show you their favourite toy or something they have been playing with.

Show your child something familiar or something that reminds them of you.





Activities for online contact visits with toddlers, continued

Make some noise



Have a selection of noise making objects, such as rice in a bottle, two spoons tapping together or clapping your hands.

Call out your child's name and create some sound to attract their attention.

Use these to accompany songs or take it in turns to make some noise.



Hide and Seek

Hold up a toy such as a teddy or toy car for your child to see.

Once they have seen it, gradually move it out of view saying: "bye bye teddy, where are you going?"

Invite your child to call the toy back and gradually return the toy into view.



I see you!

Observe your child playing and tell them what you are seeing them do.

For example:

"I see you playing with your cars.

I see you pushing the red car.

I see you now you have two cars ..."

