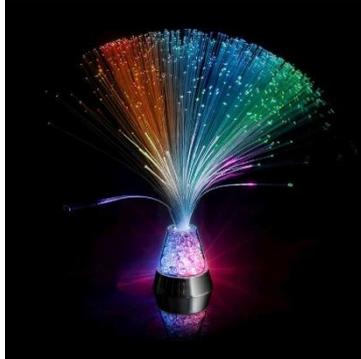


Ready, Steady, Go Games

These are some activities you can use with your child at home. Ready, steady, go activities or games are really helpful to developing your child's listening and attention skills and early communication skills.



You need: a light up toy

What to do:

Allow your child to see the item. If your child has a visual impairment, turning the lights off or closing the curtains might help them to see the toy better. If your child has a hearing impairment, make sure they are wearing their hearing aids.

Turn the toy off. Say "ready, steady, go" then turn the toy on so it lights up. Watch it for a short while and then turn it off saying "stop". Say "ready, steady..." And pause before saying "go". See if your child responds e.g. by looking at you, looking at the toy, reaching out to the toy, smiling or making a noise for "go". If they do any of those things accept that as "go" and turn the toy on. If your child doesn't respond, wait for a minute or so then say "go" yourself and start the toy. Some children need to see the activity a few times before they join in. Repeat the activity.



You need: a soft toy or puppet

What to do:

Allow your child to see the toy, if your child has visual impairment you may want to let them feel the toy with their hands too. If your child has a hearing impairment, make sure they are wearing their hearing aids.

Say “ready, steady, go” then make the toy do something e.g. jump on the child’s lap, tickle the child, hug the child, nibble the child’s fingers . Say “stop” and move the toy back. Say “ready, steady....” And pause before saying “go”. See if your child responds e.g. by looking at you, looking at the toy, reaching out to the toy, smiling or making a noise for “go”. If they do any of those things accept that as “go” and start banging again. If your child doesn’t respond, wait for a minute or so then say “go” yourself and make the toy move again. Some children need to see the activity a few times before they join in. Repeat the activity.



You need: some pots and pans, a wooden spoon

What to do:

Allow your child to see the items, if your child has visual impairment you may want to let them feel items with their hands too. If your child has a hearing impairment, make sure they are wearing their hearing aids.

Say “ready, steady, go” then bang on the pot/pan with the spoon. Say “stop” and stop banging. Say “ready, steady....” And pause before saying “go”. See if your child responds e.g. by looking at you, looking at the pots and pans, reaching out to the pots and pans, smiling or making a noise for “go”. If they do any of those things accept that as “go” and start banging again. If your child doesn’t respond, wait for a minute or so then say “go” yourself and start banging again. Some children need to see the activity a few times before they join in. Repeat the activity.



You need: a bottle of water, add food colouring if you have it

What to do:

Allow your child to see the items, if your child has visual impairment you may want to let them feel items with their hands too. If your child has a hearing impairment, make sure they are wearing their hearing aids.

Say “ready, steady, go” then shake the water in the bottle. Say “stop” and stop shaking. Say “ready, steady...” And pause before saying “go”. See if your child responds e.g. by looking at you, looking at the bottle, reaching out to the bottle, smiling or making a noise for “go”. If they do any of those things except that as “go” and start shaking again. If your child doesn’t respond, wait for a minute or so then say “go” yourself and start shaking the bottle again. Some children need to see the activity a few times before they join in. Repeat the activity.

Why: Any eye contact, noises your child makes is their way of communicating with you. Some children may start to show anticipation e.g. tense their body when you say “ready, steady”. This is great - it means they understand something exciting is about to happen!

Other ideas for Ready, Steady, Go games

Blowing bubbles



Hiding under a blanket and then pulling this off. It could be your turn and then your child’s turn, or you could hide together.



Building a tower of bricks and knocking this down on “go”



Rolling a ball to knock skittles down (or use plastic bottles with water in)

