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YEARS

الأسرة
AL USRA

هيئة أبوظبي للطفولة المبكرة
Abu Dhabi Early Childhood Authority

100+

فكرة للحظات أسرية
Family Moments

العبوا • تواصلوا • استكشفوا

Play • Talk • Explore



Every Moment Matters

We invite parents, caregivers, and grandparents to spend quality time with the youngest children in the family, through simple, everyday activities.

By age five, our brains have already grown to 90% of their adult size, a period during which they form more than a million new connections every second. This makes early childhood (0-8 years) a critical window for developing the social and emotional skills that become the bedrock of lifelong wellbeing and opportunity that shape a child's future.

Through everyday interactions and moments talking, listening, playing, and exploring together, young children build important life skills while creating lasting memories with the people who matter most.

Every family member can nurture children's social and emotional skills and help to create the conditions in which they can thrive.

Every Child Learns Differently

Children learn in different ways and at different paces. If your child is neurodivergent, on the autism spectrum, has ADHD, developmental and learning needs, or simply enjoys doing things differently, feel free to adapt every activity to suit them.

- Always provide appropriate adult supervision and put safety first.
- Prepare them for what will happen.
- Adjust sounds, textures or movement if needed.
- Give extra time.
- Let their interests guide the activity.
- Remember: connection matters more than doing the activity perfectly.

0-2

Peekaboo!

Setup:

Your hands are all you need.

What To Do:

Cover your face for a moment, then reveal it with a big smile and say, "Peekaboo!" Pause to let your child react before repeating.



How It Helps Your Child:

Every game of peekaboo helps strengthen your child's developing brain by building memory, attention, and understanding that people and things still exist even when they're out of sight.

0-2

Copycat

Setup:

Find a quiet moment together.

What To Do:

When your child coos, babbles, or makes a sound, copy it back. Pause and wait to see if they respond again, then continue your little conversation.

How It Helps Your Child:

These playful back-and-forth moments help build communication skills long before babies begin using words.



0-2

Funny Faces

Setup:

Sit face-to-face with your child.

What To Do:

Smile, raise your eyebrows, stick out your tongue, or make funny expressions. Pause after each one and wait to see how your child responds.

How It Helps Your Child:

Copying each other's expressions supports early learning, attention, and the brain connections needed for future relationships and language development.



0-2

Sing Together

Setup:

No preparation needed.

What To Do:

Sing slowly while smiling, making eye contact, and gently rocking your child if they enjoy it. Pause occasionally to give your child time to coo, babble, or smile back.

How It Helps Your Child:

Hearing your voice supports emotional security and creates strong, responsive connections that are essential for healthy brain development.



0-2

Mirror Magic

Setup:

Sit safely in front of a mirror.

What To Do:

Smile, wave, point to your eyes, nose, and mouth, then gently point to your child's features too. Copy each other's expressions as you play.

How It Helps Your Child:

Recognizing faces and hearing words for facial features helps build language, self-awareness, and early social skills.



0-2

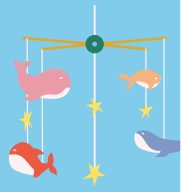
Tummy Time Adventure

Setup:

Place your child on a clean blanket while they are awake and supervised.

What To Do:

Lie down beside them, smile, talk, sing, or place a favorite toy just within reach.



How It Helps Your Child:

Tummy time strengthens your child's neck, shoulders, and back, helping build the muscles they need to roll, sit, and crawl.



0-2

Cuddle Time

Setup:

Find a quiet, comfortable place to sit together.

What To Do:

Hold your child close, make eye contact, smile, and enjoy at least five minutes of uninterrupted time together.

How It Helps Your Child:

Your warmth, voice, and touch help them feel safe, loved, and secure.



0-2

Story Snuggles

Setup:

Choose a sturdy book with colorful pictures.

What To Do:

Read slowly, point to the pictures, and use different voices to bring the story to life. Pause to let your child look, touch the pages, or respond with sounds.

How It Helps Your Child:

Hearing your voice, looking at pictures, and exploring books helps build language, imagination, and early literacy skills.



0-2

Texture Time

Setup:

Gather a few safe household items with different textures, such as a soft toy or crinkly fabric. Choose items that are clean and large enough not to become a choking hazard.

What To Do:

Let your child safely touch each item while you describe how it feels.

How It Helps Your Child:

Touching different textures and hearing words that describe them helps build your child's sensory awareness, language, and understanding of the world around them.



0-2

Name Game

Setup:

No preparation needed.

What To Do:

Say your child's name during play, songs, cuddles, and everyday conversations. Pause to see if they respond with eye contact, smiles, or sounds.

How It Helps Your Child:

Hearing their name throughout the day helps your child learn to recognize it and strengthens early communication skills they'll use throughout life.



0-2

Dance Together

Setup:

Play gentle music you both enjoy.

What To Do:

Hold your child securely and gently sway or dance around the room. Smile, sing, and talk to them as you move together.

How It Helps Your Child:

Moving, singing, and smiling together helps your child feel safe and connected while supporting healthy brain development.



0-2

Outside Together

Setup:

Head outside for a short walk in a stroller or child carrier.

What To Do:

Point out trees, birds, flowers, clouds, or passing vehicles while talking about what you see.

How It Helps Your Child:

Seeing new things and hearing you talk about them helps build your child's language, curiosity, and understanding of their surroundings.



0-2

Clap Along

Setup:

Sit facing your child.

What To Do:

Clap slowly while singing a nursery rhyme or simple song, encouraging your child to watch or join in.

How It Helps Your Child:

Copying simple actions helps build coordination, attention, and early communication skills.



0-2

Bubble Fun

Setup:

Use child-safe bubbles outdoors or in an open space.

What To Do:

Blow bubbles and watch your child follow them with their eyes. If they're old enough, encourage them to reach for or gently pop the bubbles.

How It Helps Your Child:

Watching bubbles float or reaching out to pop them helps build visual tracking, hand-eye coordination, and early motor skills.



0-2

Gentle Goodnight

Setup:

Dim the lights and choose a calm, quiet moment before bed.

What To Do:

Give your child a cuddle, sing a lullaby, or quietly tell them about your favorite moment together that day.

How It Helps Your Child:

Calm bedtime routines help your child feel safe and secure, supporting healthy sleep and emotional well-being.

