

# P2P RESOURCES

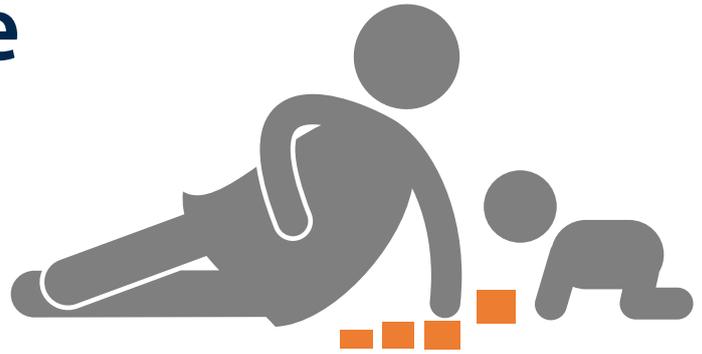
#prescription2play

This is a series of early stimulation tools and approaches for young children and their caregivers drawn from the P2P Project in Bhutan implemented by Save the Children with the support of The LEGO Foundation.

Key message:

## My child's future is in my hands

Activity	Tap, Tap, Tap
Project Component	Group Sessions



### How to play with young children using this activity

This activity is called 'Tap, Tap, Tap.' It can be played with babies from birth onwards.

1. Taking two cups (plastic or metal, or any other non-breakable and baby-safe material), have the caregiver tap them together lightly, moving slowly from right to left and back again.
2. Encourage the baby to follow the object with their eyes. For small babies this takes a lot of effort!
3. Remind the caregiver to smile, make eye contact, use a friendly voice and respond to what the baby does or does not want to do.

Caregivers of children with hearing loss may need to use items that produce louder sounds such as two tin cans. Caregivers of children with vision loss can physically guide the child's hand to safely touch the two items.

### P2P Project Component: Group Sessions

Each month, caregivers come together at the health center and learn about early stimulation, responsive care, and positive parenting techniques with their Health Assistant. Each session is designed around a household item that each caregiver would have at home. The Health Assistant uses that item to demonstrate and practice 4 simple activities with caregivers. There is one activity for each of the targeted age range of children: 0-6 months, 6-12 months, 1 year+, and 2 years+. The Tap, Tap, Tap game comes from the session entitled: Playing Games with Cups. There are 12 sessions in the P2P Project Package, all delivered by Health Assistants through the Ministry of Health with support from Save the Children.



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