

# Waiting for an appointment? Enjoy silly sounds and games.

Your child will love giggling at silly sounds, rhymes and games with you.



## Why?



Giggling is fun! Did you know it has other benefits too:

- ✓ Laughing together helps prolong happiness.
- ✓ Some suggest it helps us cope with pain.
- ✓ Having fun and laughing together builds bonds.
- ✓ Giggling at something funny can help to cheer us up.
- ✓ Creates memories, that provoke happiness again and again.



## How?



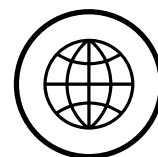
- ✓ Giggle together at silly sounds you can make.
- ✓ Enjoy a fun game of peek-a-boo, hiding your face and reappearing.
- ✓ Pull funny faces, and enjoy laughing together



**Looking for free activities and events for children from birth to five years?**



Scan the QR code to download the free '50 Things To Do Before You're Five' app.



Access activities and events, via the translatable website: [cambspboro.50thingstodo.org](http://cambspboro.50thingstodo.org)

**50**  
things to do  
before you're  
**five**