Toddler Speech-Play Activity Guide

10 screen-free games to play with the Ms. Rachel Speak & Sing Doll

This guide is a free companion to the ZoxDeal review of the Ms. Rachel Speak & Sing Doll. Each game uses the doll's songs and phrases to build first words, signs, and turn-taking. Keep sessions short — 5 to 10 minutes — and follow your child's lead.

A note for parents

Toddlers learn language by hearing the same words in playful, repeated moments — not by drilling. If your child only wants to press the doll and dance, that is learning too. If you ever worry about your child's speech progress, talk to your pediatrician; this guide is play, not therapy.

1. Press-and-Echo

Press the doll's hand, then repeat the phrase together. Pause and wait for your toddler to try the sound. Waiting is the teaching moment.

2. Song-and-Action

Play one of the 4 songs and act it out with the doll — clap, wave, or bounce. Movement locks the words into memory.

3. Name That Body Part

Press the doll's foot and say 'foot!' Then point to your child's foot. Swap roles and let them teach the doll.

4. Good Morning, Doll!

Start the day by greeting the doll together. Routines build predictable language: 'Good morning!', 'Time to eat!', 'Night night!'

5. Hide-and-Sing

Hide the doll under a blanket, press it so it sings, and let your child find it by sound. Great for listening skills.

6. Feelings Faces

Use the doll to name feelings: happy, sad, sleepy, excited. Toddlers learn emotion words faster through play than through lessons.

7. Two-Word Combos

Pair the doll's phrases with one more word: 'More song!', 'Dolly up!', 'Sing again!' Two-word combos are a big speech milestone.

8. Storytime Sidekick

Let the doll 'listen' to a picture book with your child. Pause and ask, 'What does dolly see?' Then answer together.

9. Quiet-Time Volume Game

Switch between the two volume levels and whisper along at the low one. This teaches volume control and listening.

10. Goodbye Ritual

End play the same way every time: wave, say 'Bye bye, dolly!', and put her to bed. Rituals give toddlers words they can predict.

Tip: rotate the games across the week instead of doing all ten in one day. Repetition across days beats one long session.

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