

Activities for Infants Birth-One year Old

Age: 2 months

Play voice games. Talk with a high or low voice. Click your tongue, whisper. Take turns with baby. Repeat any sounds made by baby.

Play peek-a-boo with hands, cloth or diaper. Put over your face first, and then let the baby hide. encourage baby to play

Let baby see self in mirror. Place an unbreakable mirror on side of crib or changing table so baby can watch. Look in mirror with baby, too.

Gently rub baby with soft cloth, a paper towel or nylon. Talk about how things feel (soft, rough, slippery). Lotion and powder feel good, too.

Age: 3 months

Securely attach bells on baby's sock or sleeves. This will encourage baby to kick and wave. Baby will hear the sounds when moving about.

Place baby facing you. Baby can watch you change your facial expression (big smile, poking out tongue, widening eyes, raising eyebrows, puffing or blowing). Give baby a turn, and copy what it does.

Place baby in chair or carseat to watch everyday activities. Tell baby what you are doing. Let baby see, hear, and touch common objects. You can give baby attention while getting things done

While sitting on the floor, place baby in a sitting position inside your legs. Use your legs and chest to provide only as much support as baby needs. This allows you to play with baby while encouraging independent sitting.

Age: 4 months

Make your own crib gym. Attach kitchen tools (measuring spoons and cups, potato masher or wiper, shaker cups with a bell inside) to yarn across crib. Place where baby can kick it. Always take down when baby is not playing and you are not supervising.

Fill small plastic bottle (medicine bottle with child proof cap) with beans or rice. Let baby shake to make use.

With baby lying on back, place toys within sight but out of reach, or move a toy across baby's visual range. Encourage baby to roll to get toy.

Place baby in chair or carseat or prop with pillows. Bounce and play with balloon. Move it slowly up, then down or to the side, so baby can follow movement with eyes.

Age:5 months

Give baby a spoon to grasp and chew on. It's easy to hold and feels good in the mouth. It is also great for banging , swiping, and dropping

Place baby on tummy with favorite toys or objects around but just slightly out of reach. Encourage baby to reach out for the toys and move towards them.

Make another shaker using bells. Encourage baby to hold one in each hand and then shake both. Watch to see if baby like one sound better than another.

Attach favorite toy to side of crib, swing, or cradle chair for baby to reach and grasp. Change toys frequently to give baby new things to see and do.

Age: 6 months

Give baby a spoon to grasp and chew on. It's easy to hold and feels good in the mouth. It is also great for banging , swiping, and dropping

Place baby on tummy with favorite toys or objects around but just slightly out of reach. Encourage baby to reach out for the toys and move towards them.

Make another shaker using bells. Encourage baby to hold one in each hand and then shake both. Watch to see if baby like one sound better than another.

Attach favorite toy to side of crib, swing, or cradle chair for baby to reach and grasp. Change toys frequently to give baby new things to see and do.

Age: 7 months

Fill empty tissue box with strips of magazine pages. Baby will love pulling them out. (Do not use newsprint, it's toxic. Never use plastic bags or wrap.)

Place baby on knee facing you. Bounce baby to rhythm of nursery rhyme. Sing and rock with the rhyme. Help baby bring hands together to clap to the rhythm.

Once baby start rolling or crawling on tummy, play "come and get me". Let baby move, then chase after baby and tickle or hug when you catch baby.

Baby will push or throw toys to the floor. Take a little time to play this "go and Fetch" game. It helps baby to learn to release objects. Give baby a box or pan to practice dropping toys into.

Age: 8 Months

Mirrors are even more exciting at this age. Let baby pat and poke at self in the mirror. Smile and make faces together in mirror.

Baby will begin using index fingers to poke. let baby poke at play telephone or busy box. Baby will want to poke at faces. Name the body parts as baby touches your face.

Read baby books or colorful magazines by pointing and telling baby what is in the picture. Let baby pat the pictures in books.

Play pat-a-cake. Clap hands together or take turns. Wait and see if baby signals you to start the game again. Try the game using blocks or spoons to clap and bang with.

Age: 9 Months

Baby will be interested in banging objects to make noise. give baby blocks to bang, rattles to shake, or wooden spoons to bang on containers. Show baby how to bang objects together.

Attach a favorite toy to baby's high chair with a yarn string. Show baby how to use string to pull the toy within reach. Let baby try to get the toy by using string.

Play hide-and-peek games with objects, Let baby see you hid an object under a blanket, diaper, or pillow. If baby doesn't uncover the object, just cover part of it. Help baby find object.

Make a simple puzzle for baby by putting blocks or ping-pong balls inside muffin pan or egg carton.

Age: 10 months

A good pastime is putting objects in and out of containers. Give baby plastic containers with large beads or blocks. Baby may enjoy pulling socks in and out of sock drawer or small cartons (Jell-o, tuna or soup cans) on and off shelves.

Put toys on sofa or sturdy table so baby can practice standing while playing with the toys.

Play ball games. Roll ball to baby help baby, or have a partner help baby roll the ball back to you. Baby may even throw ball , so beach balls or Nerf balls are great for this game

Turn on radio or stereo, hold baby in a standing position and let baby bounce and dance. If baby can stand with little support hold baby's hand and dance like partners.

Age: 11 months

Let your baby feed her-or himself. This gives baby practice picking up small objects (cereal, cooked peas) and also gives experience with textures in hands and mouth. Soon baby will be able to finger feed an entire meal.

Baby will play more with different sounds like “la-la” and “da-da.” Copy the sounds baby makes. Enjoy baby’s early attempt at talking.

You can make another simple toy by cutting a round hole in the plastic lid of a coffee can. Give baby wooden clothes pins or ping-pong balls to drop inside.

Let baby play with plastic measuring cups, cups with handles, sieves and strainers, sponger and balls that float in the bathtub. Bathtime is a great learning time.

Age: 12 months

Play imitation games like peek-a-boo and So Big. Show pleasure at baby’s imitations of movements and sound. Babies enjoy playing the same game over and over.

Say “hi” and wave when entering room’s with baby, encourage baby to imitate. Help baby wave to greet others. Waving “hi” and “bye” are early gestures.

Let baby make choices. Offer two toys or foods and see which baby picks, Encourage baby to reach or point to the chosen object. Babies have definite likes and dislikes!

New places and people are good experience for baby, but can be frightening. Let baby watch and listen and move at his or her own speed. Go slowly. Baby will tell you when he or she is ready for more

Remember that the first few years of your child’s life are an amazing time—he or she will grow and learn more during this period than any other. But, not all children grow and learn at the same pace.