# At Home Activities For Children Ages 12 to 24 months

**Let’s Talk**  
**Language & Communication Activities**

- Read a book to your child. Show your child the pictures. Describe the pictures that you see.
- When talking to your child, ask them to point out familiar people and objects by pointing or stating what they are.
- Practice using different voice sounds from quiet to loud with your child.
- Blow bubbles with your child. Tell them what you are doing and how the bubbles look using words like blow, pop, wet, round, clear.
- Sing familiar songs and nursery rhymes with your child. [https://www.youtube.com/watch?v=X6rzXuQMASY&t=20s](https://www.youtube.com/watch?v=X6rzXuQMASY&t=20s)

**Brain Works**  
**Cognitive Development Activities**

- Encourage your child to sing simple songs and nursery rhymes.
- Allow your child to explore a Tupperware bowl with the top. Show them how to close and open the top. Place a toy in the closed container and allow them to open it.
- Imitate a clap, tap, clap, tap pattern with you.
- Help your child notice items that are similar/match such as socks, ball, books, blocks.
- Play the “What is that?” game by pointing to clothing, toys, body parts, objects, or pictures with your child. Name the item.

**Body Works**  
**Physical Development Activities**

- Place several small blocks in front of your child. Show them how to stack and knock over the blocks.
- Use crayons or sidewalk chalk with your child.
- Create a toddler obstacle course for them to run under, step over, etc.
- Use a ball to roll, throw, and kick with your child.
- Allow your child to throw, push, and squeeze various soft items such as balls, blocks, and soft items.

**Friends & Feelings**  
**Social & Emotional Development Activities**

- Play Peek-a-Boo. Show different emotions when you uncover your face. Laugh, smile, and frown.
- Encourage your child to put their toys away with simple directions. Show them how to clean up when asked.
- Play with mirrors with your child. See if they smile and point to themselves in the mirror. Have them make different expressions.
- Give your child hugs and say things that you like about them throughout the week. I like your smile, I love your laugh, I love your skin, or you are so smart.
- Take a few minutes and take care of yourself this week.