# At Home Activities For Children Ages Birth to 12 months

## Let’s Talk

**Language & Communication Activities**

- Name the part of your face that your baby touches when you are holding them close.
- Imitate sounds that your baby makes especially Da-Da and Ma-Ma.
- Talk to your baby throughout the day naming objects and actions they are doing.
- Read a book to your child. Show your child the pictures. Describe the pictures that you see.
- 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**

- Have your child follow a rattle or spoon with their eyes. As you move the item say ____ is up, down, to the left or right.
- Encourage curiosity by placing several toys in front of your baby and allow them to explore.
- Show your baby family photos and talk to them about the photo. Listen to see if they babble or try to respond.
- Place a toy in front of your baby. Next, cover it with a small towel. Watch to see if your child removes the towel to find the toy. Encourage them to pull the towel.
- Encourage your baby to put objects into a box/bowl, dump them out, and repeat actions.

## Body Works

**Physical Development Activities**

- Invite your baby to practice dropping objects (block, small car, ball, etc) into a plastic Tupperware bowl.
- Hold toys in a variety of positions to encourage your baby to stretch and reach for toys.
- Notice to see if your child starts to bring their hands to their face when you say Pee-A-Boo.
- See if your child will attempt to turn pages in a book while you are reading together.
- See if your child attempts to push and pull a rolling toy after you show them how it works.

## Friends & Feelings

**Social & Emotional Development Activities**

- Show your baby different pictures and notice when they smile. Explain what pictures they are smiling at.
- Hold your baby facing you and sing a familiar song. Use hand motions as you sing. Watch for your baby to imitate you.
- Explain your baby's emotions throughout the day. “I see you getting upset, you must be hungry.”
- Take a few minutes for you today! Take care of yourself during this time.
- Play with mirrors with your baby. See if they smile and point to themselves in the mirror.