

At Home Activities For Children Ages Birth to 12 months

 <p>Let's Talk Language & Communication Activities</p>	<p>Blow bubbles with your child. Tell them what you are doing and how the bubbles look using words like blow, pop, wet, round, clear.</p>	<p>Talk softly and gently to your baby as you hold them. Sing to your baby while rocking them gently.</p>	<p>Talk to your baby throughout the day naming objects and actions they are doing.</p>	<p>Read a book to your baby. Show your baby the pictures. Describe the pictures that you see.</p>	<p>Sing familiar songs and nursery rhymes with your baby. https://www.youtube.com/watch?v=X6rzXuQMASY&t=20s</p>
 <p>Brain Works Cognitive Development Activities</p>	<p>Close your hand with a small toy inside. - Open your hand to show the toy. Close your hand again. Ask your baby, "Where's the (object)?" Open your hand again to show the object. Soon your baby will grab your hand to try to reach the object.</p>	<p>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.</p>	<p>Show your baby family photos and talk to them about the photo. Listen to see if they babble or try to respond.</p>	<p>See if your baby will attempt to turn pages in a book while you are reading together.</p>	<p>Take a few minutes for you today! Take care of yourself during this time.</p>
 <p>Body Works Physical Development Activities</p>	<p>Get on the floor with your baby and crawl around. See if you can persuade them to crawl with you.</p>	<p>Hold toys in a variety of positions to encourage your baby to stretch and reach for toys.</p>	<p>Sit with your baby facing you on your lap. Take one hand and move it around in a circular motion. Repeat with the other hand. As you move their hands in a circle, say, "circle." Now move both hands at the same time.</p>	<p>Put your baby on their tummy on a beach ball. Hold them firmly, roll the ball back and forth. Always hold onto your baby while on top of the ball. Say – Roll the ball, roll the ball, back and forth, back and forth.</p>	<p>Encourage your baby to put objects into a box/ bowl, dump them out, and repeat actions again.</p>
 <p>Friends & Feelings Social & Emotional Development Activities</p>	<p>Holding, cuddling and hugging your baby is a great stress reliever and allows your baby to feel safe and secure in your arms, and you are silently communicating trust.</p>	<p>Hold your baby facing you and sing a familiar song. Use hand motions as you sing. Watch for your baby to imitate you.</p>	<p>Give your baby hugs and say things that you like about them throughout the week. I like your smile; I love your laugh; I love your skin.</p>	<p>Sing the I Love You song to your baby while holding them close https://www.youtube.com/watch?v=KmpMO2dJQ6Q</p>	<p>While watching your baby, use descriptive words to label their actions and emotions.</p>