

At Home Activities For Children Ages Birth to 12 months

 <p>Let's Talk Language & Communication Activities</p>	<p>Name the part of your face that your baby touches when you are holding them close.</p>	<p>Imitate sounds that your baby makes especially Da-Da- and Ma-Ma.</p>	<p>Sing familiar songs and nursery rhymes with your child. https://www.youtube.com/watch?v=X6rzXuQMASY&t=20s</p>	<p>Read a book to your child. Show your child the pictures. Describe the pictures that you see.</p>	<p>Make up songs with your child and sing during care routines. (Diaper changing, bathing, dressing, etc.)</p>
 <p>Brain Works Cognitive Development Activities</p>	<p>Encourage your baby to put objects into a box/ bowl, dump them out and repeat actions again.</p>	<p>Encourage curiosity by placing several toys in front of your baby and allow them to explore.</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>Touch and name parts of the body. (Nose, ears, eyes, etc.)</p>	<p>Encourage your baby to put objects into a box/ bowl, dump them out and repeat actions again.</p>
 <p>Body Works Physical Development Activities</p>	<p>Invite your baby to practice dropping objects (block, small car, ball, etc) into a plastic Tupperware bowl.</p>	<p>Hold toys in a variety of positions to encourage your baby to stretch and reach for toys.</p>	<p>Attempt to push and pull a rolling toy after you show them how it works.</p>	<p>Attempt to turn pages in a book while you are reading together.</p>	<p>Attempt to push and pull a rolling toy after you show them how it works.</p>
 <p>Friends & Feelings Social & Emotional Development Activities</p>	<p>Hold your baby close and sing softly to them while rocking them back and forth.</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>Explain your babies emotions through the day. "I see you getting upset, you must be hungry."</p>	<p>Take a few minutes for you today! Take care of yourself during this time.</p>	<p>Show your baby different pictures and notice when they smile. Explain what pictures they are smiling at.</p>