



Activities for Babies: Birth-6 months



All of these things stimulate a baby's senses,
and this 'wires the brain' to make "**learning to read**" easier later on:

✓ Check off what you do, and highlight three new things you could try today.

- Sing softly, cuddle, snuggle, kiss, hug, and rock them gently. Talk in a soothing voice.**
- Smile and try to make them smile, laugh, shriek, chuckle, coo and gurgle.
- Play with a rattle. Do they move their head or eyes towards the sound?**
- Show them black and white pictures with different designs (before 3 months).
- Play your favourite music and dance with them! Play soothing music during quiet times.
- Place baby beside a mirror. What happens? Name their body parts in the mirror.**
- Leave them alone sometimes. Let them rest and play by themselves for a while.
- Let them watch you work around the house. Put them on a blanket on the floor beside you.**
- Put baby on tummy and a couple of bright toys around them to encourage head lifting.
- Put pictures where you change their diaper. Point to the pictures and talk about them.**
- Make the same sounds that they make. Do they copy you or make sounds back when you talk?
- Read a magazine together. They will love the pictures and the crinkly paper.**
- Gently move their arms and legs in a circle to the rhythm of a song or nursery rhyme.
- Bundle up and get outside as much as you can. Talk about what you see.**
- Roll a ball while baby is on his tummy. Can they follow it with their eyes?
- Let them *smell* different foods, soaps, & flowers (some plants are poisonous...be careful).**
- Play peek-a-boo with puppets or blankets. Let a small part show. Will they reach for it?
- Help baby roll and reach for toys by placing them just a little bit out of reach.
- Sing songs and nursery rhymes over and over again.**
Babies need a lot of repetition.
- Read books to them while snuggling.** Make your voice go fast, slow, high, and low.



Activities for Babies: 7-12 months



(Keep doing the things on the flip side of this page)

- Give them a couple of “O”-shaped pieces of cereal. Can they pick it up?
- Put some things in a box (large canning jar rings, lids, wooden spoons, etc.). Shake it. Will they reach into the box to grab the things?**
- Drop some blocks into a metal pan. Bang a spoon on a pot. Will baby give it a try?
- Get on hands and knees & play chase. Does baby love hearing “I’m going to catch you?”**
- Play “Ring Around the Rosie” with them in your arms.
- Clap your hands with them when singing songs and rhymes.**
- Put lots of pillows on the floor for baby to crawl over and climb around.
- Sing songs while you are dressing baby (“This is the way we...put on our socks”)**
- Make sure baby feels loved. Hug them and kiss them and tell them... “I Love You!”
- Read ‘cardboard’ books & plastic books so they won’t get ruined when baby eats them!**
- Let baby see *you* reading (newspapers, magazines, books, mail) over and over again.
- Let baby tear up and crinkle up paper.**
- Dance together!
- Put a favourite toy in a paper bag and close it. Can they open the bag and take out the toy?**
- Ask baby to hand things to you (or others). Say “please” and “thank-you”.
- Play with simple puzzles.**
- Open up a large paper bag and hand them a thick crayon. Will they scribble?
- Ask simple questions. Will baby nod his head “yes” or “no”? Do they understand their name?**
- Help them with their first words. Does baby say “da-da” or “ma-ma” and babble on and on?
- Let them open, close, empty, bang, and throw things! This is normal!**
- Play peek-a-boo with an object. Do they look for it - even when they can't see it anymore?
- Sing songs and nursery rhymes to them over and over again.**
Babies need repetition.
- Read books to them while snuggling.** Talk about the pictures. Ask them questions.
Are they beginning to turn the pages?

