



Activities



FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 2-month-old—a great way to have fun together and support your child's social-emotional development.

Sing songs you remember from childhood to your baby. Hold your baby close in your arms or in a baby carrier. Gently dance with your baby.

With your baby on her back, take a tissue and wave it above your baby for her to see. Tissues also can fly, float, and tickle parts of your baby's body. See how your baby responds. If she fusses, then stop playing.

If your baby cries, find out what he needs. He is letting you know something with his cry. When you respond, he learns to trust you are there for him. You cannot spoil your baby at this age.

Hold your baby and put your face close to hers. Make silly faces. Smile at your baby. Stick out your tongue. Yawn. Wait a few seconds and see if she tries to repeat your actions back to you.

Step back from your baby so he cannot see you. Gently call his name. Watch what he does. Does he stop moving for a moment? Does he try to move his head toward your voice? Pick him up. Say, "Here I am."

Talk to your baby about what she is doing, seeing, hearing, and feeling. Say, "I am changing your diaper. You will like being nice and dry. I love you!"

Place interesting things close to her bed for her to look at. Hang objects or toys out of reach. Tape simple pictures from magazines on the wall.

Introduce new, safe* objects for your baby to explore. Simple objects such as plastic cups and big wooden spoons are all new to him.

**Be sure to review safety guidelines with your health care provider.*





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FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 6-month-old—a great way to have fun together and support your child's social-emotional development.

Get down on the floor with your baby and play with him on his level. Look at toys, books, or objects together. Have fun, laugh, and enjoy your time together.

Learn your baby's special rhythms, and try to settle into a regular routine for eating, sleeping, and diapering. Talk to your baby about his routines. This will help your baby feel secure and content.

When your baby cries, respond to her. Whisper in her ear to quiet her. Hold her close and make soft sounds. This will help her know that you are always there and that you love her.

Let your baby begin to feed herself bits of food and use a spoon and a cup. She will begin to enjoy doing things herself.

Bring your baby to new places to see new things. Go on a walk to a park or in the mall, or just bring him shopping. He will love to see new things while you keep him safe.

Use your baby's name when you dress, feed, and diaper him. Say, "Here is Dusty's finger. Here is Dusty's foot."

Visit a friend who has a baby or young child. Stay close to your baby and let her know that these new people are okay. It takes a little time to warm up.

Bath time* is a wonderful time to have fun and be close with your baby. Sponges, plastic cups, and washcloths make simple, inexpensive tub toys.

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FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 1-year-old—a great way to have fun together and support your child's social-emotional development.

Play on the floor with your baby every day. Crawl around with her, or just get down and play on her level. She will really enjoy having you to herself.

Dance to music with your baby. Hold his hands while he bends up and down. Clap and praise him when he "dances" by himself.

Let your baby know every day how much you love him and how special he is—when he wakes up in the morning and when he goes to sleep at night.

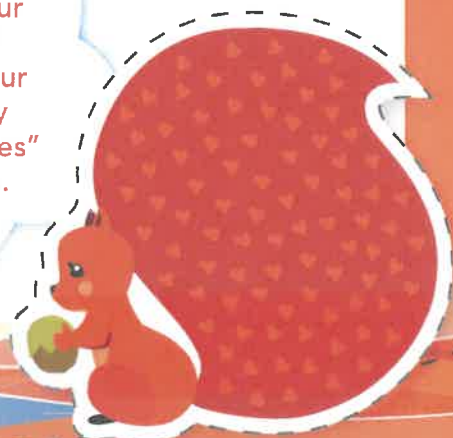
Play gentle tickle games with your baby, but make sure to stop when she lets you know she has had enough. Watch her carefully and you will know.

When you are dressing or diapering your baby, talk about her body parts and show her your body parts. Say, "Here is Daddy's nose. Here is Destiny's nose."

Go on a walk to a park or a place where children play. Let your baby watch them and visit a little if he is ready.

Twirl your baby around. He will enjoy a little rough-and-tumble play, but make sure you stop when he has had enough.

Sit on the floor with your baby and roll a ball back and forth. Clap your hands when your baby pushes the ball or "catches" the ball with his hands.





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FUN & EASY SOCIAL-EMOTIONAL ACTIVITIES

Try these activities with your 18-month-old—a great way to have fun together and support your child's social-emotional development.

Your toddler likes to have a regular daily routine. Talk to him about what you are doing now and what will be happening next. Give him time to be active and time to be quiet.

Have a pretend party with stuffed animals or dolls. You can cut out little "presents" from a magazine, make a pretend cake, and sing the birthday song.

Your toddler needs a lot of time to move around and exercise. Go for a walk, visit a playground, or take a trip to a shopping mall.

Dance with your toddler. Make a simple instrument out of a large plastic food tub (for a drum) or a small plastic container filled with beans or rice (for a shaker).

Your toddler will love to help with daily tasks. Give her simple "jobs" to do and let her know what a big girl she is. She can wipe off a table, put her toys away, or help sweep up.

Help your child learn about emotions. Make happy faces, sad faces, mad faces, and silly faces in front of a mirror. This is fun!

Set up playtimes with other children. Your child doesn't understand how to share yet, so make sure there are plenty of toys. Stay close by and help him learn how to play with other children.

Storytimes, especially before naptime and bedtime, are a great way to settle down before sleep. Let your child choose books to read and help turn pages. Help him name what he sees.

