

# Personal-Social

Activities to Help Your Baby Grow and Learn



Your sociable baby likes to roll the ball and play Peekaboo or other interactive games with you. He needs to know you are nearby. He actually likes to be the center of attention now! He will show you great affection but may collapse into a tantrum when things don't go his way. He is proud of his new skills, and he wants to learn how to do things by himself.

- Dress-Up** Your baby may enjoy dressing up in different hats and shoes and looking at herself in the mirror. Make a dress-up box with scarves, ties, and silly masks. Add new things every now and then. You can find great things at thrift shops.
- Help Around the House** Your baby can help do small jobs such as wiping the table with a sponge, stirring pancake mix (with your help), or sweeping up a little dirt with a small broom. He will enjoy doing something special for you. Be sure to praise him for helping.
- Brushing Teeth** Give baby her own toothbrush. Let her see you or her siblings brushing their teeth. Put a tiny dab of toothpaste (without fluoride) on the brush (if any) so baby can taste it. Don't expect much brushing; she will probably chew the bristles as she learns about this new thing; and you may need to finish for her. Be sure to put baby's toothbrush in a clean safe place until next time.
- To Market, to Market** Take baby to the supermarket with you so baby can "help." Talk about all of the colors and smells. Let baby hold something, such as a small can or a lemon. At the checkout, let baby "pay" the cashier. What a good helper!
- Hide-and-Seek** At home, play Hide-and-Seek by hiding just behind a door, calling to baby, then peeking out so you can be "found." A sibling may have fun playing this game. It helps baby understand that when you disappear, you will come back.
- Bathing Baby** When bathing baby, let him bathe a small plastic doll. Show baby how to be gentle with the doll. Later, let baby dry and hug the doll. It will teach him to be loving.
- Cleanup Time** Ask baby to help you put the toys away. You will need a box or a shelf where toys should be placed. Show baby how to pick up the toys and where to put them. What a good helper!