

Personal-Social

Activities to Help Your Baby Grow and Learn



Your baby may fear strangers and prefer only you. She loves to explore her environment and needs your watchful eye to keep her safe. She shows her likes and dislikes and shows affection to you and even a favorite toy. She can help you dress her but likes to do things by herself when she can.

- Bath Time** When your baby is taking a bath, give her the washcloth. Encourage her to wash by herself. After the bath, let your baby help get dressed by pushing her arm through her nightshirt. Be patient; these self-help skills take a lot of time and practice.
- Follow Me** Your baby probably is learning to enjoy imitation. Encourage this by showing your baby how to play Follow the Leader with you. Use simple movements, such as tapping on the table or putting a hat on your head. Talk about what you are doing. Say, "Your turn," and see if your baby will follow along. Let your baby have a turn at being the leader.
- Party Time** Your baby may enjoy watching older children play. This is especially fun when there are older brothers or sisters. If there are other babies his own age in the neighborhood, he will enjoy playing alongside them. At first they will enjoy watching each other. Eventually, they will learn to play together.
- Little Helper** Give your baby a damp sponge, and let her wipe the table, chairs, floor, walls, and doors. This is an activity she may enjoy doing while you are getting dinner ready or washing dishes. Tell baby, "Thank you for helping Mommy."
- Snack Time** Your baby will enjoy feeding himself during snack time. Give him a few choices of simple foods such as crackers, pieces of fruit, or cheese. He'll even enjoy trying to drink out of a big boy cup with a little help.
- Mirror, Mirror** When you have a moment at home or while running errands, stop and encourage your baby to look at her face in a mirror. Make silly faces. Tell her what a big girl she is getting to be.
- Roly-Poly Game** While sitting on the floor, roll a small ball to baby, and then ask him to roll it back. Now, do it again. Then, do it just a little faster! This could be a fun game to play with an older sister or brother.