

Personal-Social

Activities to Help Your Baby Grow and Learn



Your sociable baby likes to roll the ball and play Peekaboo or other 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.

Happy Hats

Your baby may enjoy trying on different hats and looking at herself in the mirror. Make a dress-up box with a few hats. As your child gets older, you can add new things now and then.

Help Me Clean

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. Give him opportunities to be a helper, and let him know he is being helpful.

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 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 cover baby's toothbrush and store it 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!

Find Me!

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 him 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 with a safe cover or a shelf where toys should be placed. Show baby how to pick up the toys and where to put them. Keep this task easy and brief right now. It's a good idea to do it together and have fun: "What a good helper!"

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety.