

Social-Emotional Activities for Babies 12 Months Old



<p>Keep a home routine for eating, sleeping, diapering, and playtime. Talk to your baby about routines and what will be next. This will help her feel secure.</p>	<p>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.</p>	<p>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.</p>	<p>Play simple games with your baby, such as Pat-a-cake, Peekaboo, and Hide and Seek, or chase each other. Laugh and have fun together!</p>
<p>Your baby can “help” you while you are making dinner. Have a drawer or cupboard that is full of safe kitchen items, such as measuring cups and big spoons, that he can empty.</p>	<p>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.</p>	<p>Dance to music with your baby. Hold his hands while he bends up and down. Clap and praise him when he “dances” by himself.</p>	<p>Play name games with your baby, such as “Where is Rita?”</p>
<p>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.</p>	<p>Play with child-safe mirrors* with your baby. Make silly expressions and talk to your baby about what she is seeing in the reflection.</p>	<p>Twirl your baby around. He will enjoy a little rough-and-tumble play, but make sure you stop when he has had enough.</p>	<p>Read together with your baby. Before naptime and bedtime are great times to read together. Let your baby choose the book and snuggle up!</p>
<p>Let your baby have as many choices as possible about foods, clothing, toys, and events. She will enjoy making choices.</p>	<p>Invite a friend over who has a baby or young child. Make sure you have enough toys for both children. It is a little early for them to know about sharing.</p>	<p>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.</p>	<p>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.”</p>

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