



# Activities

AGE  
**1**

## HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 1-year-old—a great way to have fun together and encourage your child's healthy development.

### Let your baby "help"

during daily routines. Encourage your baby to "get" the cup and spoon for mealtime, to "find" shoes and coat for dressing, and to "bring" the pants or diaper for changing.

**Following directions** is an important skill for your baby to learn.

### Babies love games at this age (Pat-a-Cake, This Little Piggy).

Try different ways of playing the games and see if your baby will try it with you. Hide behind furniture or doors for Peekaboo; clap blocks or pan lids for Pat-a-cake.

### Make puppets

out of a sock or paper bag—one for you and one for your baby. Have your puppet talk to your baby or your baby's puppet. Encourage your baby to "talk" back.

Tape a large piece of drawing paper to a table. Show your baby how to **scribble** with large nontoxic crayons. Take turns making marks on the paper. It's also fun to paint with water.

Babies enjoy **push and pull toys**. Make your own pull toy by threading yogurt cartons, spools, or small boxes on a piece of yarn or soft string (about 2 feet long). Tie a bead or plastic stacking ring on one end for a handle.

This is the time your baby learns that adults can be useful! When your baby "asks" for something by vocalizing or pointing, respond to his signal. **Name the object** your baby wants and encourage him to communicate again—taking turns with each other in a "**conversation**."

Cut up safe **finger foods** (do not use foods that pose a danger of your baby's choking) in small pieces and allow your baby to feed himself. It is good practice to pick up small things and feel different textures (bananas, soft crackers, berries).





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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.**

