

ACTIVITIES TO STIMULATE INFANTS

BIRTH - THREE MONTHS

1. Hang a black and white mobile above the infant's head (8-12 inches).
2. Allow the infant to focus his/her eyes on the caregiver's face.
3. Move brightly colored objects slowly from side to side, up and down, and in circular motions.
4. Quietly shake a rattle on one side of the infant's head, then on the other side.
5. Talk to the baby.
6. Move the baby's arms and legs for him/her.
7. Sway or dance with the infant.
8. Introduce the baby to a variety of sounds: rattles, bells, music, etc.
9. Give the baby toys he/she can grasp.
10. Hang toys on the crib. Change the items often to give him/her a variety of things to look at.
11. Lay the baby on his/her stomach and hold a mirror or toy in front of the baby. Encourage the baby to raise his/her head by slowly lifting the object.
12. Allow the baby to splash water while bathing in the tub. Get an infant bath seat to make it more pleasurable and safe.

THREE - SIX MONTHS

1. Shake a noisemaker to the rhythm of a song.
2. Play sit-up games with the baby.
3. Help the baby roll over.
4. Put puppet socks on the baby's feet.
5. Give the baby interesting textures and colors of toys to play with.
6. Lay the baby on the floor on his/her stomach. Make sounds in front of the baby to encourage him/her to search for the source of the sounds.
7. Introduce new sights and sounds to the baby.
8. Let the baby play in front of a mirror.
9. Put a busy box in the crib.
10. Let the baby feel your lips and mouth with its fingers while you talk.
11. Give the baby toys with wheels to encourage crawling.
12. Play pat-a-cake with the baby.
13. Let the baby play with soft blocks.

SIX - NINE MONTHS

1. Give the baby toys that he/she can poke his/her fingers through, such as rings.
2. Have the baby watch you scribble with a pencil or bounce a ball.
3. Let the child bang two toys together.
4. Play with the baby while he/she is bathing. Let him/her play with floatable toys.
5. Read to the child.
6. Play gentle games of tug-of-war with the baby's blanket.
7. Make a variety of sounds and have the baby respond to them.
8. Let the baby fill a container with small objects.

NINE - TWELVE MONTHS

1. Let the baby stack blocks.
2. Give the child lightweight balls or bean bags for tossing.
3. Help the baby to stand.
4. Give the baby a pull toy
5. Play more difficult hide-and-peek games.
6. Help the baby look at books that squeak.
7. Encourage the baby to imitate your activities.
8. Provide toys for the baby to sit on or push by himself/herself.