



Activities



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).



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.





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Make Some Noise

Babies continue to love making noise. Make sound shakers by stringing canning rims together or filling medicine bottles (with child-proof caps) with different-sounding objects like marbles, rice, salt, bolts, and so forth. Be careful to secure the lids tightly.

Developmental Areas: Personal-Social

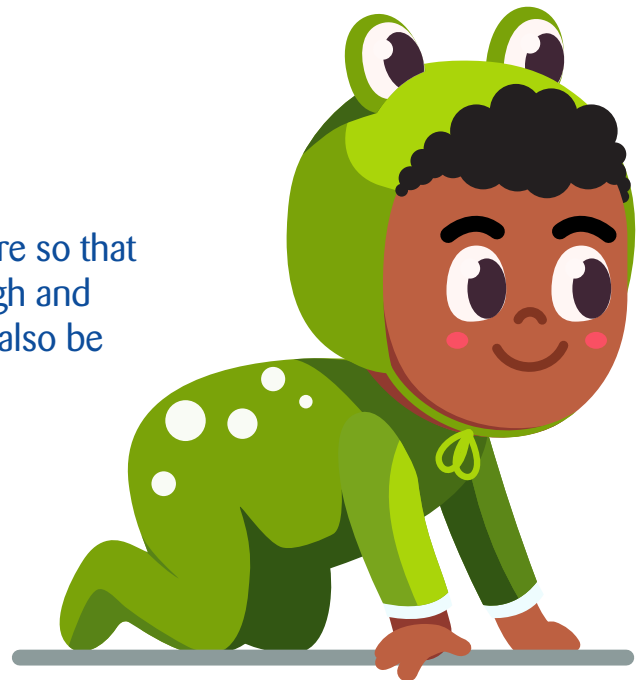
Materials Needed: Cans, medicine bottles; Marbles, rice, salt, or other objects

Obstacle Course

Make an obstacle course with boxes and/or furniture so that your baby can climb in, on, over, under, and through and encourage your baby along the way. A big box can also be a great place to sit and play.

Developmental Areas: Gross Motor

Materials Needed: Furniture or boxes



NOTES: _____



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In and Out

A good pastime is putting objects in and out of containers. Give your baby plastic containers with large beads or blocks. Your baby may enjoy putting socks in and out of the sock drawer or small cartons (Jell-O, tuna or soup cans) on and off of shelves.

Developmental Areas: Problem Solving

Materials Needed: Containers, jars, or cans; Beads or blocks

Planning ALOUD

Prepare your baby for a future activity or trip by talking about it beforehand. Your baby will feel like a part of what is going on rather than being just an observer. It may also help to reduce some fear of being “left behind.”

Developmental Areas: Communication, Personal-Social

Materials Needed: None



Want to learn about developmental milestones for your 1-year-old?

Visit <https://bpub.fyi/CDC1year>