



At Home Activities You Can Do With Your Infant

When your baby is at Growing Room we provide key experiences that focus on language development, physical development, creativity, and learning from the world around them. It is important that this learning and development continues. We want to help you continue to nurture your child's development by providing you with activities that you can do at home with your baby. These activities will help your baby define who he or she is, what he or she can do, and what he or she thinks and feels. They will help to show your baby that he or she is important, unique and competent.

PEEKABOO



Babies love to play peekaboo! You are sure to get some giggles with this activity! Place a toy or book under a blanket, leaving part of the object showing. Then ask your baby, "Where is it?" and encourage him to look for it. After your baby has mastered finding a partly hidden object, move on to hiding it completely under the blanket. This activity will help your child with fine motor skill development and object permanence.

FUN WITH FACES

Babies love to explore the world through touch. Allow your little one to feel the different parts of your face and his stuffed animals' faces with his hands. Say the names of the parts of the face as he touches them and direct your baby's hand to touch his own nose, mouth, ears, and more. Guide your baby's hands to your face while you speak and make facial expressions so that he can get to know how we use our faces to communicate.



BABIES AND BOXES



Boxes are so much fun! There's no need to buy fancy blocks to build your infant's motor skills. Wrap up some smaller boxes (such as cereal boxes or shoe boxes) with recycled newspaper or wrapping paper and allow your baby to handle them and learn to rip them open. She will love the sound of the paper ripping as she pulls on it. She will also enjoy stacking boxes, knocking them over, and rebuilding the stack with your help.

STACKING

Take turns stacking cups (plastic cups, measuring cups, etc.). Then encourage him to knock the cups down. You can even have a race where you both stack the cups at the same time. Your baby will learn cause and effect and work his fine motor skills with this activity.



STRING ALONG



You can turn just about any toy into a pull-along toy. Simply attach a piece of yarn or a shoelace to your baby's toy truck or the arm of his stuffed animal and encourage your little one to give it a tug. He'll be delighted to see the effect of pulling his toy on a string! As he begins to crawl, put the string just out of his reach so that he must move to grab it and reel-in his toy.

SILLY STUFF

What could be better than making your baby laugh? It's not just good for your soul — it helps him develop his sense of humor, which is an important part of human communication. Pay attention to whatever your baby finds funny and repeat it. Use props like funny hats, big sunglasses, and mirrors to make your baby giggle.



IT'S TIME TO RHYME

Sing songs with real or made-up words that rhyme, like "thump, thump, thump, bump, bump, bump, jump, jump, jump." You might feel a little silly, but all that rhyming is another way to boost your baby's language development. Like touch, talking with your baby is like food for their bodies and their minds. A child's receptive understanding of language starts long before their expressive language, so you want to use as many opportunities as possible to drench them in language.

TESTING OUT TEXTURES



As your baby begins to scoot and crawl, try laying rugs, blankets, or items with different textures on the floor for him to explore as he travels across them. Nubby carpet remnants, sticky contact paper, and noisy bubble wrap are just a few ideas. Also, carry your baby around and help him feel the textures of different surfaces, such as a cool brick wall or a round staircase banister.

ADDITIONAL TECHNIQUES TO DEVELOP YOUR BABY'S LANGUAGE SKILLS

- Repeat sounds back to your baby that he or she makes.
- Answer him or her with real words.
- Encourage speech.
- Narrate what you are doing as you go through daily routines with your baby.
- Tell stories and be descriptive.
- Connect words to objects.
- Enjoy music together and sing to your baby.
- Read, Read, Read to your baby!