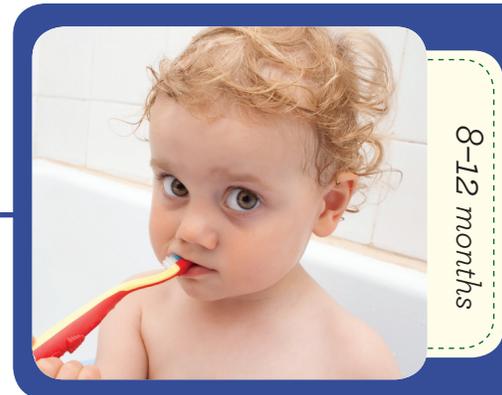


Personal-Social

Activities to Help Your Baby Grow and Learn



Your baby may fear strangers and want only you. She loves to explore her environment and needs your watchful eye to keep her safe. She knows her likes and dislikes and shows love for you and even favorite toys. She can help you dress her by holding up a foot for a sock or pushing her arm into a sleeve, but she is not ready to dress herself independently.

Bath-Time Helper

When your baby is taking a bath, give her the washcloth. Encourage her to wash by herself. After the bath, let your baby help herself get dressed by pushing her arm through her nightshirt. Be patient; these self-help skills take a lot of time and practice. Be sure to give her lots of praise: "What a good job you did getting dressed!"

Follow Me

Your baby is learning to enjoy imitation. Encourage this by showing your baby how to play Follow the Leader. Use simple movements, such as tapping on the table or putting a hat on your head. Talk about what you are doing. Say, "It's your turn," and see if your baby will follow along. Let your baby have a turn at being the leader.

Party Time

Your baby may enjoy watching older children play, especially when he has older brothers or sisters. If there are other babies his age in the neighborhood, he will enjoy playing alongside them. At first, they will enjoy watching each other. Eventually, they will learn to play together.

Little Helper

Give your baby a damp sponge. Let her wipe the table, chairs, floor, walls, and doors—whatever she can reach. She may enjoy doing this while you are getting dinner ready or washing dishes. Baby won't really clean anything but will feel proud of doing things "just like mommy." Tell baby, "Thank you for helping Mommy (or Daddy)."

Snack Time

Your baby will enjoy feeding himself during snack time. Give him a few choices of simple foods such as crackers, pieces of fruit, or bits of cereal. He'll even enjoy trying to drink out of an open cup with a little help.

Mirror, Mirror

When you have a moment at home or while running errands, stop and encourage your baby to look at her face in a mirror. Make silly faces. Tell her what a big girl she is getting to be!

Roll-Poly Game

While sitting on the floor, roll a small ball to baby, and then ask him to roll it back. Now do it again. Then do it just a little faster! This is a fun game to play with an older sister or brother.

Notes:



Don't Forget! Activities should be supervised at all times by an adult. Any material, food, or toy given to a young child should be reviewed for safety. Remember to always supervise baby during bath time and mealtime.