

WORKSHEET 3.5: FROM BIRTH TO AGE 1 - SOME THINGS BABIES LIKE TO DO

AGE	WHAT BABIES LIKE TO DO
Newborn	Imitate - make faces, stick out your tongue and watch your baby imitate you Rock - going for a ride in a stroller can also be calming Listen to soft music, a musical toy or your voice Be touched - gently massage your baby
1 month	Track objects Watch mobiles Practice exercising feet using bicycle movements
2 months	Play with hand puppets Gently bounce up and down Hold and play with a rattle
3 months	Shake a rattle on his/her wrist Listen to music with a rhythm Play with toys that are attached to strings and practice batting
4 months	Play peek-a-boo Practice rolling from stomach to back Watch bubbles
5 months	Look in a mirror Play with a roly-poly toy (a toy that turns up when knocked over) Swing in an infant swing
6 months	Play patty-cake Play with other babies Go on piggy back rides
7 months	Play tug of war Play "look for the toy after you hide it" Look at books with lots of pictures and colors
8 months	Learn the sounds that animals make Play hiding games Bang on pots and pans
9 months	Roll a ball back and forth to you Practice standing up
10 months	Push a car or truck on the floor Tear magazines Blow bubbles
11 months	Push things with levers Pour things from one container to another (try cereal) Play in the water
12 months	Play with a big beach ball Toss bean bags or balls (or crumpled up paper) into a container Play with his or her shadow Explore the world around them



Adapted from Segal, M. (1985). *Your Child at Play: Birth to One Year*. New York, NY: New Market Press.