

20 ACTIVITIES TO SUPPORT DEVELOPMENT AGES 0-1

0-2 MONTHS

01

TUMMY TO TUMMY TIME

Lie down on your back and place your baby on your chest so they're tummy-down, face-to-face with you. Talk, sing, or make funny faces to keep them entertained. The comfort of your heartbeat and your voice can make tummy time more enjoyable and helps newborns build neck and upper body strength.

02

HEAD UP TUMMY TIME

Once your baby is comfortable lying on their tummy, the next developmental step is learning to lift their head. To help with this, try placing a rolled towel or nursing pillow under their chest to gently elevate their shoulders, making it easier for them to push up. Position a toy, mirror, or your face in front of them to capture their attention and encourage them to look up.

03

FOLLOW THE TOY

To help your baby practice tracking objects from side to side, start by holding a brightly colored toy or a favorite rattle about 8-10 inches from their face. Slowly move it from one side to the other, encouraging them to follow it with their eyes. Another fun idea is to use a mobile or a soft toy attached to a string and sway it gently in front of them.

04

HOLD EYE CONTACT FROM SIDE TO SIDE

Lay your baby on their back and then lie down next to them, keeping your face at their level. Get their attention with silly faces, fun sounds, and lots of eye contact. Slowly get up and move across your baby, keeping your gaze locked with theirs the whole time. This activity encourages visual tracking, eye contact, and helps build connection while they enjoy watching your movements and expressions.

05

WHERE'S THAT SOUND COMING FROM?

Grab a rattle, bell, or a toy that makes noise and gently shake it to one side of your baby's head (out of their sight). Wait for them to turn their head toward the sound, then smile and cheer when they do! Repeat on the other side or try using your voice to call their name softly. This activity helps strengthen their neck muscles and builds early listening and sound recognition skills.

2-6 MONTHS

06

REACH FOR THE TOY

Place your baby on their back or tummy and dangle their favorite toy just out of reach. As they stretch and reach for it, gently brush the toy against their hand to encourage them to grab it. You can make it even more fun by offering lots of praise when they make an attempt.

07

ROLL OVER

Place your baby on their tummy and hold a toy in front of them, slowly moving it from side to side to capture their attention. Once they're following it with their eyes, slowly start moving it over their head to the other side rather than keeping it in front of them. This encourages them to tilt their head back to follow the toy, which shifts their weight and helps them roll onto their back.

08

MIRROR, MIRROR, ON THE WALL

Place your baby in front of a mirror and let them observe their reflection, making silly faces or waving your hands to encourage interaction. You can also place small toys near the mirror to grab their attention and gently guide their hands to touch the glass. This activity helps babies develop self-awareness, eye coordination, and focus. It also supports cognitive and social-emotional growth as they explore their reflection and engage with the world around them.

09

FIRST CONVERSATIONS

Sit with your baby and gently make raspberry sounds by blowing air through your lips. Encourage your baby to mimic the sound by making eye contact and smiling. As your baby starts to engage, take turns making raspberries back and forth. This activity helps develop communication skills, cause-and-effect understanding, and strengthens their facial muscles, which are important for early speech development.

10

ROLL FORWARD

Lay your baby on their back and gently lift their leg and guide it across the center of their body. Once their leg is in place, move your hand to the back of their hip, and apply a soft pressure to help them begin rolling over. Keep your hand there and guide them to roll over completely. You can ask try holding a toy with a ring near their hand until they grab it. Slowly move the toy across their body to the other side, encouraging them to twist and roll over.

6-9 MONTHS

11

SITTING UP

To help your baby learn to sit independently, start by placing them in a seated position with support, like propping them up with pillows around them. Place toys within their reach to encourage them to focus and lean forward, helping them develop their balance. As they gain confidence, reduce the amount of support and let them practice holding themselves upright for short periods. Make sure to be there to catch them if they start to tip over!

12

BA BA BA

To encourage your baby to start babbling, try making different sounds and expressions to capture their attention. Talk to them using a sing-song voice, exaggerating sounds like "ba-ba" or "da-da." Pause occasionally to give your baby a chance to respond with coos or sounds of their own. This helps them practice vocalizing, learning how to form sounds, and encourages communication skills.

13

TRANSITION IN AND OUT OF SITTING

Lay your baby on their back and gently place one hand under their armpit and the other hand on their upper arm, just above the elbow. Slowly roll them onto their side, then gently lift them, guiding their body into a sitting position. To lie them back down, reverse the movement by gently guiding them back onto their side before lowering them to their back. This method helps teach the proper movements and strengthens the muscles they need to eventually do it independently and transition smoothly in and out of sitting without getting stuck.

14

ROCKING BEFORE CRAWLING

Encourage your little one to get ready for crawling by gently supporting them in a hands-and-knees position. Make sure their knees are under their hips and their toes are pointing straight back, with their shoulders aligned over their wrists. Hold their hips gently with your thumb on their diaper and your fingers over their thighs, then rock them back and forth to help them shift their weight. This gentle movement helps build the strength and coordination needed for crawling.

15

A PUSH TO START CRAWLING

Place something flat and hard, like a book, behind your child's feet while they're in the hands-and-knees position. Gently apply a bit of pressure to the book, which provides a stable surface for them to push against. As you apply this pressure, watch how your baby instinctively starts pushing against it with their legs. This simple step gives your baby a little extra support and helps them take those first important steps toward crawling by reinforcing the "push and move" motion.

9-12 MONTHS

16

PULLING UP ON FURNITURE

Sit with your baby on your lap, making sure their knees are bent at a 90-degree angle, and their feet are flat on the ground. Place some toys on a low surface in front of you to encourage them to reach forward. Gently guide their hips forward and up by placing your hands below their hips, helping them straighten their legs and push up into a standing position. This helps babies practice the movement of standing while building strength in their legs.

17

CRUISING

Encourage your baby to practice cruising by placing them near a piece of furniture they can hold onto for support. Position their favorite toy just out of reach to motivate them, but not too far that they lose interest. Support your baby as they shift their weight from one leg to the other, moving sideways toward the toy. This activity helps develop balance, coordination, and strength as they learn to move with the extra support.

18

THE PINCER GRASP

To encourage your baby's pincer grasp, place small, safe pieces of food on their tray, giving them one piece at a time to avoid grabbing it with their whole hand. You can also use toys like puzzles with wooden knobs, a tissue box, or toys with strings. Lay the string in your hand so they have to use their thumb and index finger to grab it. The pincer grasp is essential for fine motor development and helps with tasks like feeding themselves, picking up small objects, and eventually writing.

19

PEEK A BOO

To teach object permanence to your baby, start by showing them a toy and then hiding it under a soft cloth or towel while they watch. After a few seconds, lift the cloth and reveal the toy again, saying 'peekaboo!' As your baby gets used to this, gradually increase the time the toy is hidden before you reveal it. This helps your baby understand that even though the toy is out of sight, it still exists. Object permanence is a key developmental milestone, as it supports memory, problem-solving, and understanding the world around them.

20

STANDING

To help your baby learn to stand independently, place a balloon in front of them and encourage them to reach for it. Start by sitting them on the floor, and when they reach for the balloon, gently place it just out of their reach. This motivates them to stand up on their own to grab it, as they balance on their feet and legs. Gradually increase the distance the balloon is placed to encourage them to stand for longer periods. This activity strengthens their leg muscles and builds the balance and confidence needed for independent standing.