



## AT HOME ACTIVITIES FOR INFANTS

### Social and Emotional Development

- Hold your child by the torso and bring him or her to eye level. Slowly move your child toward you so that his or her forehead is gently touching yours. As you gently bump foreheads, say “bop.” Then slide your forehead back and smile at your child while maintaining eye contact. Repeat several times, extending the word bop to boop and so on. Watch for eye contact.
- Place your child in a seated position and work with her to explore some items of different textures and temperatures. Describe each item and ask her questions about them. Suggested materials: Infant-safe items such as a washcloth that has been in the refrigerator, baby-safe lotion, a tissue, warm water, playdough.

### Cognitive Development

- Place your child gently on his or her belly for tummy time. Position yourself so that you are laying on your stomach facing your child, with your face approximately 8 to 12 inches from his or her face. Show the rattle and gently shake it to gain his or her attention. Then slowly move the rattle closer to you until it is next to and level with your eyes. Observe if your child follows the rattle and to see if he or she finds your face when the rattle is next to your eyes. Show the rattle to your child again at a different angle and in a different position. Again, slowly move the rattle until it is next to your face. Suggested materials: rattle

### Fine Motor Development

- Place a bin in front of your child with infant toys within reach. Pick up one toy at a time and place it in the bin. Show your child how to use a pincher grasp to pick up the toy. Tell him or her that you are putting the toys in the bin by saying in as you move the toy into the bin. When all the toys are in the bin, turn the bin over and say, out! Tell your child, Now the toys are out! Can you put them in? Encourage your child to pick up the toys and place them in the bin. Suggested materials: bin, toys