



Activities for Infants

Cognitive-Perceptual

- Play peek-a-boo with the baby using your face and other fun objects.
- Allow the baby to explore toys like rattles by shaking, banging, or sucking/licking with the tongue.
- Provide toys and objects that have new features or textures.
- Show books to the baby with large, black-and-white, or hidden images.
- Practice eye movement by having the baby follow a moving object in different directions.
- Place toys out of reach to encourage the baby to move to obtain them.

Fine Motor

- Provide toys to encourage banging and clapping the hands together like a rattle or tambourine.
- Provide toys that can be stacked or put into each other like rings, cups, and shape sorters.
- Encourage use of fingertips to pick up edible objects like cereal puffs.
- Encourage pointing to facial parts and inside of objects to poke using the index finger.
- Give the baby something else to hold when hands are full to encourage release and transfer of objects to the other hand.
- Practice pulling pegs out of a pegboard.

Gross Motor

- Practice sitting up giving support with your hands or pillows until strength is built.
- Once the baby can sit up, practice gently shifting the baby to different sides to improve balance.
- Encourage playtime on the tummy to improve head control and strength in the joints.
- Play with baby sitting or lying on a therapy ball providing lots of support and gentle movement.
- Encourage rolling from tummy to back and vice versa.
- Practice gentle pulling to standing position and eventually cruising along furniture.

Language

- Refer to the baby by his or her name.
- Use common hand signals for hello and goodbye.
- Provide sound stimulation to encourage sounds and babbling.
- Initially encourage vowel sounds like ah, ee, oy, etc.
- Read and sing to the baby often and talk to the baby in your normal voice.

Self-care/Activities of Daily Living

- Allow the baby to hold his or her own bottle.
- Allow the baby to finger feed him or herself and hold a spoon.
- Allow the baby to bite and chew on toys.
- Practice having the baby drink from a cup held by another person.
- Encourage the baby to extend arms and legs when dressing.

Social Emotional

- Incorporate a mirror into playtime.
- Sing songs to the baby and place hands over baby's hands to encourage participation.
- Provide and respond to affection given by the baby.
- Encourage the baby to socialize with strangers

Additional Tips from a Therapist

- Infants learn quickly, so don't be afraid to try new things as long as you keep their safety in mind.
- Don't withhold opportunities because of things might get messy. It's great sensory play.