

# 30 ACTIVITIES WITH YOUR BABY

- 1. **Read** – Start a baby book club! Make a list of a few favorite books you remember from your own childhood. Enjoy these together with your child, and keep a journal of this experience.
- 2. **Write** – Help your child practice their grip! Lay your baby on your lap and let them grasp your little fingers to do gentle “pull-ups.”
- 3. **Sing** – Sing the traditional song, *Itsy Bitsy Spider* – then sing it again, but change your tone of voice. Try singing *Eensy Weensy Spider* with a high, fast voice. Then try *The GREAT Fluffy Spider* using a deeper voice.
- 4. **Talk** – Lie down nose to nose with your baby as he or she does Tummy Time and tell them a story from your childhood.
- 5. **Play** – Play the “Eye See” Game! Gather a variety of bright objects. Slowly move each side-to-side close to your baby’s face and watch them follow the object with their eyes.
- 6. **Art** – Put on some favorite music, and then squirt some different colorful paints into a plastic freezer bag. Make sure it is sealed well, and then tape it onto the floor beneath your baby as they do tummy time. Your child will be mesmerized by the bright splotchy colors and have fun smooshing them into surprising shapes.
- 7. **Read** – Search for a board book that has only black and white illustrations, such as *Black on White* by Tana Hoban.
- 8. **Write** – Place your child on a blanket on the floor, then place some interesting objects just out of reach to challenge their strength and dexterity.
- 9. **Sing** – Search for a lullaby that will serve as your child’s go-to-bed song and be consistent when you use it. Some popular favorites: *Sleep, Sleep My Baby*; *Brahm’s Lullaby* (also known as *Lullaby and Goodnight*); *Hush Little Baby*; *Somewhere Over the Rainbow*, or *Moon River*.
- 10. **Talk** – As you go through your routines of dressing, bathing, feeding, and diaper changes, narrate what you are doing so your child may hear all those interesting words!
- 11. **Play** – “Face Time”: Stand in front of a mirror with your baby and make different exaggerated faces that show various emotions.
- 12. **Art** – Cover a flashlight with colored tissue paper or a scarf and shine the light on a wall or ceiling.
- 13. **Read** – Find a book of Mother Goose nursery rhymes and have fun reading these out loud to your child.
- 14. **Write** – Put a variety of spoons in front of your baby and let them practice their grip with each.
- 15. **Sing** – For a fun CD to listen to with your child, check out *Baby Loves Jazz*
- 16. **Talk** – While you are making dinner, tell baby what you are doing and what each food is.
- 17. **Play** – Pretend you are an architect and use blocks or boxes to create a tower for your baby to knock down.
- 18. **Art** – Surround your child with leftover gift wrap and tissue paper, and let them explore the material – encouraging them to scrunch, twist, shake, tug, tear, and throw!
- 19. **Read** – Find a board book that offers your baby a tactile experience, such as *DK Touch and Feel Baby Animals*.
- 20. **Write** – Stuff an empty Kleenex or tissue box with surprises for your baby to grasp and pull out, like a scarf or washcloth.
- 21. **Sing** – Ask family and friends what their favorite song was from childhood and any memories they have with it. Sing them to your baby!
- 22. **Talk** – Tell your baby stories of objects in your home. Where did it come from?
- 23. **Play** – Build an obstacle course with pillows, bed sheets, and sofa cushions and watch your child go!
- 24. **Art** – Many museums offer discounts or free admission to children, and our community is fortunate to be surrounded by some wonderful ones. Start your art journey with your baby to see exhibits at the Arlington Museum of Art, where children under the age of 12 have free admission.
- 25. **Read** – Find a book that explores different animal sounds like *Honk, honk! Baa, baa!* by Petr Horáček.
- 26. **Write** – Give them a notebook and let them scribble away!
- 27. **Sing** – Put on some music that you love and know, and have a miniature sing-a-long dance party!
- 28. **Talk** – Take a Field Trip! Arlington has over 80 beautiful parks to explore in our community.
- 29. **Play** – Find a piece of cloth, like a silky scarf, old curtain, or thin blanket and play Peek-a-Boo!
- 30. **Art** – Have coloring time with your baby!