

Activities for Infants



Rock the Baby (3 weeks and up)

Roll up a towel. Lay the baby on her tummy over the roll so that it supports her head, chest, stomach, and thighs. Turn her head to one side. Very gently rock her from side to side while singing a song such as “Rock a Bye Baby.”

Dancing Lights (4 months and older)

Darken the room and shine a flashlight. Make the light “dance” on various surfaces. Does the child try to catch the light or go after it? Play music and have the light “dance” in tune to the music. Try this with fast music and slow, melodic music. Add a piece of colored cellophane to the end of the flashlight, attaching it with a rubber band to make colored lights.

Sticky Floor (8 months and older)

Place a large piece of contact paper on the floor, sticky side up. Remove the backing and put tape around the edges, taping it to the floor. Let the child crawl or walk over it and touch it with fingertips and pat it. Say “Sticky, sticky, sticky.”

Imitation Games (8-12 months)

Play “Peek-a-Boo” and “So Big” games. Babies enjoy playing the same games over and over again. Show pleasure at baby’s imitations of movements and sounds.

Play Pat-a-Cake with babies (8- 12 months)

Clap his/her hands together or take turns. Wait and see if the baby signals you to start the game again. Try the game using blocks or spoons to clap and bang with.

Ball Games (8-12 months old)

Roll a ball to the baby. Help him/her toll the ball back to you. Throw the ball. Beach balls and soft balls are great for this game.



Bubbles, Bubbles, Bubbles (All ages)

Blow bubbles. Have music playing with bubble play. All ages love bubbles! Bubble play can enhance language and motor skills.

Coffee Can Fill and Dump

Cut a hole in the top of a plastic lid of a coffee can. Give the baby wooden clothes pins or ping pong balls to drop inside.