

Birth to 12 months



Provide toys with different shapes, colors, sizes, sounds: blocks, rattles, crinkly books, balls, blankets.

Play hide and seek with an object. Younger infants will not search for it, but as they get older, they will begin to do so.

Provide safe materials with textures for exploration with senses: toys, towels, board books, shoes, etc.

Allow your infant to explore objects by putting them in their mouths, banging objects, or picking up and dropping objects.

With supervision, have your infant play in water, sand, or other sensory materials with containers or spoons for filling and dumping. Just the feeling of sensory items, even for a young infant, can introduce them to thinking skills using their senses.

Allow for touching living vs non-living items: grass, tree bark, pets, flowers, books, spoons, shoes, etc.

Birth to 12 months



Look at photos of family members (even fur families) and repeat their “title” and name. “This is your auntie, Sara.” or “You are petting our dog, Bingo.”

Make music using pots and pans, containers, wooden and large plastic spoons. Let the child lead as you make similar sounds.

Model sounds as they happen such as a knock at the door, a barking dog, cars going by, people talking or singing, etc.

Use “mathematical” vocabulary throughout your conversations with your baby. “Here is the red ball, now you have 2 toys.” Count objects when possible.

Let your infant play with a variety of size of containers such as plastic cups, cardboard bins, buckets, boxes, pots, and pans. Include lids for beginning matching skills.

Explore environmental items such as snow, water, and dirt and talk about these items. Add different tools for mixing such as spoons, ladles, measuring cups, etc.