

Helpful Learning Activities for Infants 12-16 Months Old

Focus on: *Social-Emotional Development*

Feeding Oneself.

Cut up safe finger foods (do not use foods that pose a danger of your baby's choking) in small pieces and allow your baby to feed himself. It is good practice to pick up small things and feel different textures (bananas, soft crackers, berries).

Helping Clean Up.

Play "feed the wastebasket" or "give it to Mommy or Daddy."



Interactive Games.

Babies love games at this age (Pat-a-Cake, This Little Piggy). Try different ways of playing the games and see if your baby will try it with you. Hide behind furniture or doors for Peek-a-boo; clap blocks or pan lids for Pat-a-cake.

Name Desired Objects

When your baby "asks" for something by vocalizing or pointing, respond to his signal. Name the object your baby wants and encourage him to communicate again—taking turns with each other in a "conversation."

Pretend Play.

Using a stuffed animal or doll, show and tell your baby what the doll is doing (walking, going to bed, eating, dancing across a table). See if your baby will make the doll move and do things as you ask. Take turns.

Talk about Upcoming Events.

Prepare your baby for a future activity or trip by talking about it beforehand. Your baby will feel like a part of what is going on rather than being just an observer. It may also help reduce some fear of being "left behind."

