

# HERE ARE SOME ACTIVITIES THAT BABIES LIKE TO DO



## Newborn

- Play at imitating faces and expressions.
- Move: Being rocked or going for a walk (in a stroller).
- Get a gentle massage; they appreciate being touched.
- Listen to soft sounds (music, musical toys or your voice).

## 1 month

- Track moving objects.
- Observe a mobile.
- Move their limbs.

## 2 months

- Play with puppets.
- Watch a rattle being shaken.

## 3 months

- Hold a rattle and shake it.
- Listen to rhythmic music.
- Use early-learning toys.

## 4 months

- Play “peek-a-boo” with your hands in front of your face.
- Practise rolling from stomach onto back.
- Observe soap bubbles.

## 5 months

- Look in the mirror.
- Swing (in a baby swing).

## 6 months

- Play with hands.
- Play with other babies.
- Go for walks carried on your back.

## 7 months

- Find toys that are hidden.
- Look at colourful picture books.

## 8 months

- Learn the sounds of animals.
- Play “hide-and-seek” games.
- Bang on objects (containers, pots, musical objects).

## 9 months

- Play ball with you (by rolling it).
- Practise standing.

## 10 months

- Push a rolling toy.
- Tear up paper.
- Blow bubbles with their mouth.

## 11 months

- Play with lever objects.
- Empty a container.
- Play in water.

## 12 months

- Play with a large ball (e.g., beach ball).
- Throw something into a container (e.g., sandbags, balls).
- Play with their shadow.
- Explore.