

Infant Activities

Activity Name: Grab & Release

Instructions: Place toys on the floor within your child's reach in a safe, low-traffic area (ideally in front of mirrors, next to a firm pillow or on a rug). Encourage your child to pick up the toy by showing them out to pick it up and release it with your hand. Describe what you are doing. Continue this activity as long as your child is interested.

Learning Objective: Infants are just beginning to develop their fine-motor skills. While grasping is a reflex that most infants are born with, releasing is a skill that must be learned. 10a, 7a

Activity Name: Hide It, Hear It, Find It

Instructions: Sit on the floor with your child in your lap. Place a toy and a blanket in front of you. Show your child the toy and shake it so it makes noise. Move the toy under the blanket so it makes a noise, ask "what was that sound?". Observe your child for cues that they are aware that the toy is missing and that they hear the sound. Acknowledge your child's awareness ("you hear that toy making noise!") Take the rattle and say "Here it is!" Allow your child to hold and explore the toy.

Learning Objective: During this variation of a hide-and-seek game, your child has the opportunity to demonstrate her awareness of the hidden object (the problem) when she hears it make a sound. This is the first step of using problem-solving strategies. 11a, 11c, 12b.