



Activities



HELP YOUR CHILD LEARN AND GROW!

Try these fun and easy activities with your 1-year-old—a great way to have fun together and encourage your child’s healthy development.

Make Some Noise

Babies continue to love making noise. Make sound shakers by stringing canning rims together or filling medicine bottles (with child-proof caps) with different-sounding objects like marbles, rice, salt, bolts, and so forth. Be careful to secure the lids tightly.

Developmental Areas: Personal-Social

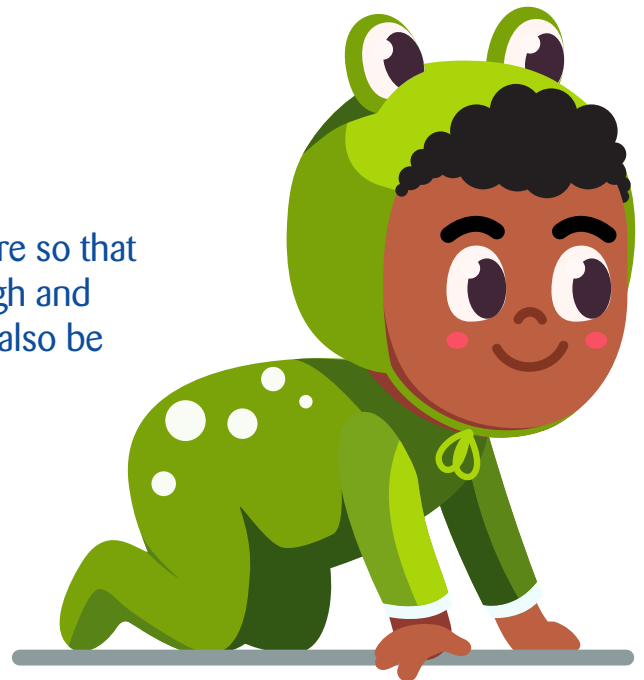
Materials Needed: Cans, medicine bottles; Marbles, rice, salt, or other objects

Obstacle Course

Make an obstacle course with boxes and/or furniture so that your baby can climb in, on, over, under, and through and encourage your baby along the way. A big box can also be a great place to sit and play.

Developmental Areas: Gross Motor

Materials Needed: Furniture or boxes



NOTES: _____



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In and Out

A good pastime is putting objects in and out of containers. Give your baby plastic containers with large beads or blocks. Your baby may enjoy putting socks in and out of the sock drawer or small cartons (Jell-O, tuna or soup cans) on and off of shelves.

Developmental Areas: Problem Solving

Materials Needed: Containers, jars, or cans; Beads or blocks

Planning ALOUD

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 to reduce some fear of being “left behind.”

Developmental Areas: Communication, Personal-Social

Materials Needed: None



Want to learn about developmental milestones for your 1-year-old?

Visit <https://bpub.fyi/CDC1year>