SOCIAL-EMOTIONAL ACTIVITIES FOR INFANTS 12 MONTHS OLD (1 YEAR OLD)

Keep a routine at home for eating, sleeping, diapering, and playtimes. Talk to your baby about routines and what will be next. This will help her feel secure.	Let your baby know how much you love him and how special he is every day—when he wakes up in the morning and when he goes to sleep at night.	Play on the floor with your baby every day. Crawl around with her, or just get down and play on her level. She will really enjoy having you to herself.	Play simple games with your baby such as Pat-a-Cake, Peekaboo, and Hide and Seek, or chase each other. Laugh and have fun together!
While you are making dinner, your baby can "help." Have a drawer or cupboard that he can empty that is full of safe kitchen things such as measuring cups and big spoons.	Play gentle tickle games with your baby, but make sure to stop when she lets you know she has had enough. Watch her carefully and you will know.	Dance to music with your baby. Hold his hands while he bends up and down. Clap and praise him when he "dances" by himself.	Play name games with your baby like, "Where is Rita?"
Go on a walk to a park or a place where children play. Let your baby watch them and visit a little if she is ready.	Play with child-safe mirrors* with your baby. Make silly expressions and talk to your baby about what he is seeing in the reflection.	Twirl your baby around. She will enjoy a little rough-and-tumble play, but make sure you stop when she has had enough.	Read together with your baby. Before naptime and bedtime is a great time to read together. Let your baby choose the book and snuggle up!
Let your baby have as many choices about foods, clothing, toys, and events as possible. He will enjoy making choices.	Invite a friend over who has a baby or young child. Make sure you have enough toys for both children. It's a little early for them to know about sharing.	Sit on the floor with your baby and roll a ball back and forth. Clap your hands when your baby pushes the ball or "catches" the ball with his hands.	When you are dressing or diapering your baby, talk about her body parts and show her your body parts: "Here is Mommy's nose; here is Mary's nose."

*Be sure to review safety guidelines with your health care provider at each new age level.

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