

# Activities for 0-3 Months Old

## TUMMY TIME

Put the baby on his/her tummy starting with a few minutes at a time, a few times a day. Talk to the infant while she/he is on her/his tummy. This will help develop core strength.



## CHAT TIME

Talk to the baby and explain the things that you are doing with him/her. E.g. "Mommy is changing your diaper so you will feel more comfortable./Pinapalitan ko ngayon ang diaper mo para mas kumportable ka." This will help set the foundation for language skills.

# Activities for 0-3 Months Old

## CYCLING

Pretend that the baby is riding a bike by gently grasping his/her ankle while lying on his/her back, keeping legs apart and moving them in circles like the infant is cycling. You can also tell the baby what you are doing by saying, "We are cycling, cycling, and then stopping./Tayo ay nag ba-bike, nag ba-bike, tumitigil." This will help develop motor and language skills.



## GENTLE DANCE

Gently carry the baby and then play some of your favorite music. Sway to the rhythm of the song and you can also sing along. Apart from experiencing different sounds, this will also strengthen the bond between the parent/caregiver and the child.



# Activities for 1 Year Old

## BODY REFLECTION

While standing/sitting in front of a mirror. Point and name your child's body parts. After a few tries, you can then ask him/her to point to his/her body parts. This will help your toddler understand receptive language or how to take in messages from others.



## REACH FOR THE TOY

Let your child stand or pull himself/herself up a sofa (or any small piece of furniture that is sturdy). Place a toy to one side, and the other, and let him/her reach for it. This will help your toddler learn how to walk by being able to shift his/her weight.





# Activities for 1 Year Old

## READ AND POINT

Using a picture book, read to your child while he/she is sitting down and you are facing him/her. Point to the pictures and name them accordingly. You may also ask the child to point to the pictures as you ask him/her, "Where is the (object)?/ Nasaan ang (gamit)?" This activity will help enhance your toddler's hearing, focus, and memory skills.



## REUSE AND HAVE FUN

If you have used water bottles at home, you can reuse them by putting water and beads/buttons/candy wrappers/glitters inside. Give it to your child and let him/her shake it around. This will help your toddler develop his/her grip and visual skills.

# Activities for 2 Years Old

## PEELING TAPE

Put a strip of masking tape on a wall/table and ask your toddler to peel it off. This simple activity will help develop your toddler's focus and fine motor skills.



## SORTING AND MATCHING

Get two boxes/baskets and paste a photo of a family member on them. Lay out different things that the family members use all the time (e.g. clothes, watch) on the floor, or a table that the child can reach. Ask the child to put the object inside the correct box. This will help your baby develop his/her cognitive skills.

# Activities for 2 Years Old

## ENJOY THE OUTDOORS

During the morning/afternoon, go outside with your child for a walk. Point and name different objects/people you see along the way. This will help your toddler learn more about his/her surroundings and develop his/her language skills.



## FREEZE DANCE PARTY

With the whole family, play some music and tell everyone to freeze once the music stops playing. When it starts, everyone can dance again. This will help your toddler develop gross motor skills and follow instructions, and most importantly bond with all members of the family.





# Activities for 4-6 Months Old

## TUMMY TIME PEEK-A-BOO

While the baby is on his/her tummy, play a simple game of peek-a-boo by facing your baby and then covering your face with a piece of cloth or your hands. This will help the baby enjoy tummy time more and develop his/her memory skills.



## BODY MASSAGE

After giving the baby a bath, gently massage him/her from head to feet while chatting, e.g. "How are you today? Do you like this massage?/ Kumusta ka ngayon? " Make sure to look at your child while talking to him/her. This will help form a strong bond between you and the baby. It will also help him/her use his/her sense of touch and will help their vision to focus on you.



# Activities for 4-6 Months Old

## NOISE MAKERS

Your baby is now starting to learn cause and effect. You can give him/her toys that make noise or use household items such as pots, pans, and a spoon. You may also show how he/she can shake or bang these items together to create sounds. This activity will help the baby learn and see how these objects move and sound.



## SHOWTIME!

Babies love having their parent's/caregiver's attention. Make silly faces in front of the baby, make animal sounds and try to copy their actions too, play some lively music and dance in front of the baby. Observe how your child reacts to your expressions, actions and sounds you make. This will help the baby focus their attention on a moving object.





# Activities for 7-12 Months Old

## MINI EXPLORER

Once your baby learns to crawl, find a safe place (e.g. no sharp objects on the floor, away from sharp edges of furniture) where he/she can explore his/her surroundings. Stay close to supervise and observe him/her but minimize directing him/her on what to do or where to go. This will help the baby be more confident in moving and practicing his/her motor skills. \_



## SPLISH AND SPLASH

Get a small basin/tub that the baby can reach into and fill it with water. You can put floating objects (e.g. plastic toys, cups) and let the baby splash the toy around. Make sure that the baby has an adult companion at all times. This activity will help the baby develop his/her motor and sensory skills.



# Activities for 7-12 Months Old

## NAME GAME

Point and name different parts of your face while your baby is looking at you, e.g. “*Daddy’s nose/Ilong ni papa.*” Observe how your child responds. This will help develop the baby’s focus and communication skills.



## REACH FOR THE TOY

Your baby might be starting to show signs of learning how to crawl. During tummy time, put his/her favorite toy where he/she must move to reach it. This will help the baby be encouraged and learn to crawl.

