

## 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 support your child’s social-emotional development.

### Routines

Keep a home routine for eating, sleeping, diapering, and playtime. Talk to your baby about routines and what will be next. This will help them feel secure.

**Materials Needed: None**

### Choices to Make

Let your baby have as many choices as possible about foods, clothing, toys, and events. They will enjoy making choices.

**Materials Needed: None**

### Play Ball

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 their hands.

**Materials Needed: Small ball**



**NOTES:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 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 support your child’s social-emotional development.

### Little Helper

Your baby can “help” you while you are making dinner. Have a drawer or cupboard that is full of safe kitchen items, such as measuring cups and big spoons, that they can empty.

**Materials Needed:** Measuring cups, spoons, and other safe kitchen items

### Shared Reading Time

Read together with your baby. Before naptime and bedtime are great times to read together. Let your baby choose the book and snuggle up!

**Materials Needed:** Age-appropriate books

### Magic Mirror

Play with child-safe mirrors\* with your baby. Make silly expressions and talk to your baby about what they’re seeing in the reflection.

**Materials Needed:** Child-safe mirror

\*Be sure to review safety guidelines with your health care provider



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

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