

DENVER DEVELOPMENTAL ACTIVITIES

6 TO 9 MONTHS

This side 6-9 months
Over for 9-12 months

These activities are designed to help your child with the following basic skills:

Speech and language.

Activities to continue:

- Talk to your baby a lot as you go about your daily activities.
- Expose your baby to a variety of sounds, and help him or her try to locate them.
- Imitate the sounds your baby makes and try to get your baby to make the sounds back to you.
- Provide some quiet time when the radio and TV are not on.

Picture Books — Get books from the local library or store, or make your own with bright pictures from old magazines. Cloth books are best since the pages cannot be torn; these can also be made at home from scraps of material and pictures cut from magazines. Point to and name pictures as your baby looks at them. Look at books for only a few minutes at a time, but do it every day.

Large muscle strength and coordination.

Activities to continue:

- Hold your baby in a standing position, and try to get him or her to bounce up and down.
- Help your baby to sit alone.
- Gently pull your baby into a sitting position when (s)he is lying on his or her back.

Pulling to Stand — When your baby is in the crib, try to get him or her to pull up to stand. Later, try to get your baby to pull to a stand on a coffee table, chair, or other heavy piece of furniture.

Walking Holding On — When your baby is standing, hold a favorite toy just out of reach. Try to get your baby to walk along the crib or furniture to get to the toy. Praise your baby's efforts.

Crawling — Place a toy out of reach and encourage your baby to try to get the toy by crawling on hands and knees.

Additional suggestions:

REMEMBER:

Talk with your baby — Play with your baby —
Enjoy your baby!

Small muscle and problem-solving skills.

Activities to continue:

- Encourage your baby to feed him- or herself with fingers.
- Try to get your baby to use both hands to pick up objects.

Feeding Him- or Herself — Give your baby chances to pick up food and feed him- or herself. At first, this may be done with dry cereal, crackers, or cookies.

Putting Objects in Containers — Show your baby how to drop things (such as clothes pins, small toys, keys, etc.) into a container made from coffee cans, cottage cheese cartons, etc. After (s)he has put objects into the container, show your child how to dump them out and then put them in again. (Be sure the things are not so small that your baby can choke on them.)

Drumming — Get an empty coffee can with a plastic top, or tape shut an empty oatmeal box to make a "drum." Show your baby how to hit the drum with a stick or wooden spoon to make a sound.

Scribbling — Hold your baby on your lap at a table, and put a large crayon or a water-based felt tip pen in his or her hand. Show your baby how to scribble on a big piece of paper (like a brown shopping bag).

Bath Toys — Make floating toys from closed milk cartons or small plastic tubs with lids. Let your baby play with the floating toys, as well as plastic cups, etc., while in the bathtub. (Never leave your baby alone in water.)

Noisemakers — Show your baby how to bang two small toys, such as blocks, together to make noise.

Toy Hide and Seek — Show your baby how to find a toy by pulling a cloth or blanket off of a partly hidden toy. As (s)he learns how to play the game, cover the toy all the way up, and let your child find the toy by him- or herself.

Love, self-care, and socialization.

Activities to continue:

- Hug and cuddle your baby often.
- Soothe and calm your baby when (s)he is fussy.
- Smile and talk to your baby often.
- Rock and love your baby, and sometimes sing him or her to sleep.
- Play "peek-a-boo" and let your baby see him- or herself in a mirror.

Social Games — Teach your baby games such as "bye-bye," "pat-a-cake," "how big is the baby," etc. As you say the words, move your baby's hands. When (s)he seems to understand the games, try to get your baby to move his or her own hands when you say the words.

DENVER DEVELOPMENTAL ACTIVITIES

9 TO 12 MONTHS

9-12 months

These activities are designed to help your child with the following basic skills:

Love, self-care, and socialization.

Activities to continue:

- Hug and cuddle your baby often.
- Soothe and calm your baby when (s)he is fussy.
- Smile and talk to your baby often.
- Rock and love your baby, and sometimes sing or rock him or her to sleep.
- Play social games such as "bye-bye," "pat-a-cake" with your baby.

Drinking From a Cup — Help your baby learn to hold a cup and drink from it. A small plastic cup without a cover and mouth hole is good to start with. Put only a small amount of liquid into the cup at first. Since a lot of the liquid may be spilled at first, you may want to begin by giving your baby water in a cup while (s)he is outside.

Meals With Family — Your baby can join in your family's meals. Have your baby sit near the family for a short time during meals.

Getting Toy Out of Reach — Show your baby how to pull a toy. You can make a pull toy with a shoebox and a string. (To avoid the danger of choking, be sure to keep toys with long strings put away when you cannot be watching your baby's play.)

Small muscle and problem-solving skills.

Activities to continue:

- Help your baby put small objects into a container and take them out again.
- Encourage play with bathtub toys.
- Give your baby chances to pick up food and feed him- or herself. At first, this may be done with dry cereal, crackers, or cookies.

Stacking Blocks and Toys — Show your baby how to stack large blocks. (These can be made from milk cartons, by folding and taping heavy cardboard, or by using old pieces of lumber.) Other things that can be stacked are small empty cans, or toys such as the tower ring.

Kitchen Play — Let your child play in the kitchen while you cook. Have one low drawer or cabinet in the kitchen that is just for your child. This should not be near the stove. In the drawer or cabinet put plastic containers, lids, spoons, and other safe kitchen objects that will not break.

Speech and language.

Activities to continue:

- Talk to your baby a lot and respond to the sounds (s)he makes.
- Look at picture books with your child often, and name the picture you see.
- Provide some quiet time when the radio and TV are not on.

Puppets — Buy puppets or make them from old mittens or socks by drawing faces with marking pens. Pretend the puppet is talking to your baby and get your baby to talk back to the puppet.

Nursery Rhymes and Songs — Sing songs and read nursery rhymes to your baby often.

Scrapbook — Make a scrapbook of pictures of things such as a ball, animals, etc., from old magazines. As you look at the scrapbook with your baby, help him or her point to the pictures as you name them. Try to get your baby to repeat your words.

Large muscle strength and coordination.

Activities to continue:

- Help your baby walk with (or without) support.
- Encourage getting toys out of reach by crawling or walking to them.
- Provide push or pull toys for your baby to play with.

Playing Ball — Roll a ball to your baby and get him or her to roll or toss it back to you. A large ball will be easier for your baby to play with at first. Slowly play with different sizes. Do not use balls small enough for your baby to put in the mouth and choke on. Do not use balloons.

Stooping — While your baby is standing up, put a toy on the floor. Get him or her to bend over and pick up the toy without holding on to anything.

Starting to Learn to Walk — Try to get your baby to walk a few steps without hanging on to anything. Make a game of having your baby walk into your arms to get a toy or a hug and your praise. If your baby is not yet ready to walk alone, wait for a few weeks and then try it again.

REMEMBER:

**Talk with your baby — Play with your baby —
Enjoy your baby!**

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