

30 Days of Developmental Activities: Birth to 3 Months



Week 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Visual Tracking Game Print out high contrast picture cards (try these). Give baby time to adjust his/her eyes to focus on the card and very slowly move it from side to side to encourage visual tracking. Infants are attracted to and stimulated by high contrast patterns.</p>	<p>Mirror Play When baby is on his back, tummy or side hold or prop a mirror in front of him so he can see himself. He will not yet understand who it is in the mirror, but the his reflection will capture his attention and gaze.</p>	<p>Imitation Game Hold your baby in front of you so she can clearly see your face. Stick out your tongue and be amazed at how even newborn infants can imitate this facial gesture!</p>	<p>Tummy Time Play Place baby on the floor on a blanket or lie down with baby on your chest facing you. Encourage baby to raise his/her head/chest in response to the sound of your voice, the sight/sound of toys or the sight of himself/herself in a mirror.</p>	<p>Response to Sound Move to your baby's side and call his name, shake a rattle or squeak a toy. Younger babies may not be able to locate the source, but can indicate they hear it by widening their eyes, moving more or becoming still. Older babies will be able to find & locate the source of the sound.</p>	<p>Sidelying Play Place your baby on her right side. Prop a pillow behind her if needed to maintain this position. Lie beside her or offer her a toy, small ring to hold in her hand. Switch to left side after a few minutes and repeat.</p>	<p>Baby Circuit Training If you use swings, bouncers, car seats, etc. be sure to limit their use to 15-20 minutes at a time and intersperse their use with lots of supervised tummy time and sidelying play to relieve the pressure on the back of your baby's head.</p>
<p>Skills: Eye coordination, visual fixation, & following.</p>	<p>Skills: Sense of self, visual fixation & following, attention.</p>	<p>Skills: Socialization, eye contact, imitation, & visual attention.</p>	<p>Skills: Receptive language, trunk/neck strength, sensory input, visual fixation/following.</p>	<p>Skills: Active listening, sound localization, parental voice recognition.</p>	<p>Skills: Hands together play, fine motor skills-reach & grasp, hands to mouth play, gross motor skills.</p>	<p>Skills: Gross motor skills.</p>

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Please Touch Game Support your baby sitting in front of you, hold them on your lap facing you, or lie down beside them on the floor when they are in a sidelying position. Encourage baby to reach toward and touch/explore your face, hair, etc. by reaching and grabbing.</p>	<p>Story Time Start reading a bedtime story to your baby from birth onward. You can make up stories or read short books. It doesn't matter what you say; your baby is absorbing every word, even though she cannot talk yet.</p>	<p>Song Time Sing to your baby. Use traditional songs such as "Twinkle, Twinkle Little Star" or make up your own songs. Babies love music!</p>	<p>Mobile Fun Use store bought mobiles or baby gyms with hanging toys, or make your own mobile using string and cut out bright shapes (always supervise this activity). Hold baby within reach of hanging toys and encourage him to reach toward to bat at the toys.</p>	<p>Bath Games Help baby kick feet and splash in tub or help her pop bubbles in the tub. Gently rub a warm washcloth over baby's skin.</p>	<p>Find My Hands/Feet Help your baby find his hands and feet by placing brightly colored mittens or socks on or using wrist/ankle rattles (you can make your own by sewing bright shapes or bells to socks, but always supervise due to choking hazard). Bring baby's feet up while on his back so he can see them.</p>	<p>Back & Forth Game Begin face to face with your baby and coo and babble at her. Wait, give her time to respond or imitate and then do it again experimenting with open vowel sounds "oooh, ahhh, eee" and moving to consonant vowel sounds "mamama, bababa, dadada" as baby gets older.</p>
<p>Skills: Hand-eye coordination, fine motor skills, sensory exploration, and socialization.</p>	<p>Skills: Listening, receptive/expressive language.</p>	<p>Skills: Language, listening, socialization.</p>	<p>Skills: Fine motor reach and grasp, hand-eye coordination.</p>	<p>Skills: Gross motor, fine motor, socialization, and sensory.</p>	<p>Skills: Self-discovery, visual attention, gross/fine motor.</p>	<p>Skills: Social skills, receptive & expressive language, attention span.</p>

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Week 3

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<p>I Can Move</p> <p>Very gently rock, sway or dance with your baby while holding her and supporting her head. If she doesn't like back and forth movement, try side to side movement or up and down movement. Sing or talk to her softly while moving.</p> <p>Skills: Vestibular system development, socialization, gross motor skills, sensory skills.</p>	<p>Baby Sit Ups</p> <p>Place baby on a blanket facing you. Support baby under his arms, neck/head and says "one, two, three, UP WE GO!" and pull baby to a supported sitting position. As baby's neck muscles get stronger you can give less support & let him do more of the work himself.</p> <p>Skills: Gross motor neck, trunk strength & head control, socialization.</p>	<p>Grasping Game</p> <p>Babies have a reflex that allows them to hold your finger or small toys. Place your finger or a small connector ring (from a baby gym or mobile) into your baby's left hand & then his right. See how he is able to grasp onto your finger or the ring and how long he holds on before letting go.</p> <p>Skills: Fine motor grasp, tactile input to hands.</p>	<p>Flashlight Game</p> <p>In a dimly lit or dark room, turn on a flashlight. Don't shine it directly in baby's eyes, but shine it to his left/right side and above his head or slowly move it across a wall to see if he fixates on it and tries to follow the light.</p> <p>Skills: Visual fixation, following, attention.</p>	<p>Hold My Bottle</p> <p>Help your infant learn to hold her bottle by making sure her arms are forward (not stuck under your arm) when you feed her. You can do hand over hand, but place baby's hands on the bottle and your hands on top to encourage her to touch, pat and eventually hold her own bottle.</p> <p>Skills: Self-feeding, fine motor grasp/arm and hand strength.</p>	<p>I Know My Name</p> <p>Help your baby learn his name using it frequently. Make up songs using your baby's name or insert his name into stories. Using a consistent name or nickname helps baby learn his name; using multiple names or nicknames can be confusing for a baby.</p> <p>Skills: Listening, name recognition, language, and social skills.</p>	<p>I Smile You Smile</p> <p>At first a baby's smile may be reflexive, such as when sleeping. But soon she will begin to smile socially. Establish eye contact with your baby and smile often! When she smiles, smile back and call attention to it, which will help her learn to smile again!</p> <p>Skills: Socialization and imitation.</p>

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Help Me Self-Soothe</p> <p>Babies can learn to self-soothe by finding their own hands/fingers to suck on. Allow him to suck on his fingers to calm himself. Don't worry about your baby being a thumb sucker at this point because bringing hands to mouth is an important developmental skill.</p> <p>Skills: Self-calming, fine motor hand to mouth, feeding readiness.</p>	<p>Help Me Sleep</p> <p>By the 3rd month it's not too early to begin establishing a sleep routine for your baby. Rock your baby or feed him until he is just drowsy, but not yet sound asleep so that he starts to learn to go to sleep in his crib instead of being held/rocked by a parent.</p> <p>Skills: Self-calming, establishing good sleep patterns.</p>	<p>Hold Me</p> <p>Hold your baby in a variety of positions such as facing you, outward, at the shoulder, tummy down, sideways, etc. This allows her to experience the feel of her body in space in a variety of positions and helps her work on head, trunk, and neck control strength.</p> <p>Skills: Gross motor skills, head/neck/trunk strength, body in space.</p>	<p>Talk Talk Talk</p> <p>Even though your baby cannot talk back yet, she is absorbing and taking in everything you say to her. Talk to her ALL the time about anything and everything you are doing. She may coo back or be silent, but she is learning from your speech even at this early age!</p> <p>Skills: Receptive, expressive language and socialization</p>	<p>Hands Together</p> <p>An important skill for baby is to bring his hands together at his chest, as well as bring his hand to his mouth. Help your baby with this skill by bringing his hands together at the center of his chest and by helping him bring a hand to his mouth in order to suck or explore his fingers.</p> <p>Skills: Fine motor, self-soothing.</p>	<p>Shiny, Bright & Noisy</p> <p>In addition to high contrast toys & objects, babies also like shiny reflective toys, or toys with movement and sound/music. Try household objects such as cut up mylar balloons (supervised), which are shiny and make crinkly sounds, or let your baby lie under a mirror or ceiling fan.</p> <p>Skills: Visual fixation and tracking, auditory development.</p>	<p>Symmetrical Movement</p> <p>If you notice that baby uses one arm or leg more than the other, this can be a red flag for development and should be mentioned to your pediatrician. You can move your baby's legs in a bicycle motion or bring arms up over his head while singing to promote symmetrical movements.</p> <p>Skills: Gross/fine motor development, symmetry.</p>

Week 5

<p>Monday</p> <p>Infant Massage</p> <p>Use baby lotion or baby safe oil and gently massage your baby's arms, legs, back. Quietly talk or sing to your baby during the massage.</p> <p>Skills: Promotes bonding, relaxation, & language.</p>	<p>Tuesday</p> <p>Action Feet Game</p> <p>When baby is lying on his back, grasp his feet or legs and pedal them in a bicycle motion. Sing or talk to baby.</p> <p>Skills: Gross motor skills, language.</p>
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