

8-12 Month Play Ideas

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Play is a natural way for your young child to grow and learn. Activities in this list support key areas of development from your ASQ. Start with easy ones and see what they enjoy. Help your child build important skills while having fun.

Communication

Your child's language skills, what they understand and what they can say.

Say “hi” and wave when entering a room with your baby. Encourage your baby to copy you. Help your baby wave to greet others. Waving “hi” and “bye” are early gestures.

New places and people are good experiences for your baby, but these can be frightening. Let your baby watch and listen and move at their own speed. Go slowly. Your baby will tell you when they are ready for more.



Gross Motor

How your child's moves their arms and legs.

Play ball games. Roll a ball to your baby. Help your baby, or have a partner help him roll the ball back to you. Your baby may even throw the ball, so beach balls or Nerf balls are great for this game.

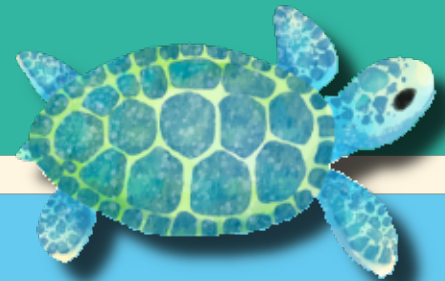
Put toys on a sofa or sturdy table so that your baby can practice standing while reaching and playing with the toys.

Fine Motor

Your child's hand and finger movement and coordination.

Let your baby feed themselves. This gives your baby practice picking up small objects (cereal, cooked peas) and also gives them experience with textures in their hands and mouth. Soon your baby will be able to finger feed an entire meal.

You can make a simple toy by cutting a round hole in the plastic lid of a coffee can. Give your baby wooden clothes pins or Ping-Pong balls to drop inside.



Problem-solving

How your child thinks, plays with things and how they solve problems.

Let your baby make choices. Offer two toys or foods and see which one your baby picks. Encourage your baby to reach or point to the chosen object. Babies have definite likes and dislikes!

Play hide-and-seek games with objects. Let your baby see you hide an object under a blanket, diaper, or pillow. If your baby doesn't uncover the object, just cover part of it. Help your baby find the object.

Personal-social

Asks about feeding, dressing, and how they engage with others.

Mirrors are exciting at this age. Let your baby pat and poke at herself in the mirror. Smile and make faces together in the mirror.

Play imitation games like Peekaboo and So Big. Show pleasure at your baby's imitations of movements and sounds. Babies enjoy playing the same games over and over.



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