

DIY Activities for 0 – 3 Months babies

Cycle Time

Strengthen your baby's abdominal muscles and increase his body awareness by gently moving his legs in a cycling motion. This activity also introduces the idea of alternating motion (one leg, then the other), which he'll need to understand in order to crawl and walk.

Imitation

Flatter your baby by imitating her sounds and expressions. It communicates to your baby that she matters, that you are paying attention to her, and models the communication process.

Black and White

A new-born's vision is not fully developed when they are born. They can most easily see high-contrast images, such as bold black and white patterns.

Print off or make your own high-contrast pictures and hang them where your baby can easily see them. Some good places are where your baby does tummy time and on the changing table. Look at and talk about these pictures as you play with baby.



Light Play

Young babies are interested in moving objects and light and dark patterns. Capture your baby's interests by playing with a flashlight in a darkened room. Shine the light on different objects and cast shadows too. Your baby will be fascinated.

Supported Tummy Time:

Tummy time looks different depending on where on the developmental timeline a baby is—this post on tummy time positions for different stages is great for learning how to do it correctly. Regular tummy time (without support) is important too, but this helps mix it up a bit! Baby does tummy time with play toys.



Follow the Sound:

Playing music or creating sounds works wonders for encouraging head turning and strengthening neck muscles. Whether the music or sounds come from you, a musical toy or rattle, or something else, try placing the sound at different locations around your baby and watch them search to identify what and where the sound is coming from.

High Contrast/ Visual Books:

Books are great for tummy time or for sitting and reading together. While any book will help improve communication and bonding, visual books designed for babies to help strengthen their visual and cognitive development.

These books often contain bold contrasting patterns and objects, typically in black, white, and red.



Kicking objects:

Help your baby discover and develop the sense of touch by setting up various things for a little “kick practice”.



Mirror on the wall

This can be fascinating and so much fun to watch. Just prop an unbreakable mirror in front of your baby and see them react. Your baby won't realize that it's actually their image until much later. However, that doesn't matter as you will be able to see lots of fun expressions on your baby. They will love to stare at their own reflection or anyone else's really. They may even try to swipe the mirror or give you a big smile.



Peek-a-boo

This game starts to teach your baby about object permanence. Object permanence is understanding that objects or people still exist even when we can't see them. Understanding this concept is an important cognitive milestone.

So how do we play? At this age the game is mainly one sided. Nonetheless still lots of fun. First, catch your baby's interest. Then, cover your eyes with your hands, then open them up and say 'peek-

a-boo'. Remember to sound excited and make it fun for them. Another idea is to hide your baby's face behind a scarf and ask where they are. Then pull it away and say 'here you are!' or 'peek-a-boo'.