

# 50 Things To Do with Babies During the First Year

- Create a footprint/handprint pottery keepsake
- Join a stroller fitness class
- Get wild with wildlife at a zoo or nature center
- Pack a picnic to let baby enjoy the sights and sounds
- Make a video to share with family/friends
- Walk through a garden
- Read a picture book
- Dance to some music
- Get on baby's eye level for tummy time
- Compose a personalized song
- Visit a park
- Put water in containers for indoor splash time
- Let baby (older) "paint" with baby food or yogurt
- Strap baby into a carrier and take a hike
- Bundle up to touch some snow
- Identify body parts (head, nose, hands, feet)
- Teach baby some simple sign language
- Talk about colors
- Play peek-a-boo
- Make a funny face
- Manipulate some nesting cups or soft blocks
- Stimulate senses with soft textures and squishy toys
- Take a train/subway/boat ride
- Visit an art museum
- Watch the sky for airplanes, birds, and helicopters
- Turn out the lights and play with a flashlight
- Give baby (who is sitting up unassisted) a ride in a laundry basket
- Shop at a farmers' market
- Roll a ball back and forth
- Attend a kids' music show
- Let baby shake or bang some musical instruments
- Blow bubbles and let baby watch or pop them
- Look and talk about photos of friends and family members
- Play dress up with different hats to make baby laugh.
- Work some puppets
- Give baby a "pony ride" on your knees
- Take a historic walking tour
- Pretend play with faux food
- Shake a parachute/blanket in different rhythms
- Check out a "take your babies" to the movies opportunity
- Gaze at walls of colorful fish at a pet store or aquarium
- Lay on your backs under a tree and watch the leaves sparkle
- Join your neighborhood MOMS club
- Go to the grocery store (this counts as an activity!)
- Take baby to storytime at the local library
- Blow up balloons and let baby hit them in the air
- Practice counting objects
- Play a simple "hide and seek" with a toy
- Look in different mirrors together
- Go to Starbucks because you deserve it!