

# 50 Things To Do with Babies During the First Year

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