






Activities for 5-10 Months

<u>Language</u>	<u>Fine Motor</u>	<u>Gross Motor</u>
<p data-bbox="296 399 659 435">Sing Your Favorite Song</p> <p data-bbox="222 488 732 597">When your baby is awake, sing your favorite song. Singing songs with words to your baby helps develop language!</p> 	<p data-bbox="951 399 1146 435">Blanket Pull!</p> <p data-bbox="779 488 1318 672">Use a scarf, blanket, or t-shirt and place in front of your baby. Encourage your baby to pull on the objects. Your baby is strengthening small muscles in their hand as he/she grabs and pulls.</p> 	<p data-bbox="1478 399 1761 435">Bang! Bang! Bang!</p> <p data-bbox="1358 483 1885 704">Grab some mixing bowls and place them upside down in front of your baby. Support your baby as he/she sits up. Model how to bang on the mixing bowls. This helps your baby build upper body strength!</p> 
<p data-bbox="405 849 548 885"><u>Cognitive</u></p> <p data-bbox="390 938 562 971">Peek-a-boo</p> <p data-bbox="207 1019 747 1240">Place your baby comfortably in front of you. Place your hands over your face, and wait for 1-2 seconds before saying peek-a-boo. This helps your baby understand that people/objects still exist even when they disappear.</p> 	<p data-bbox="919 849 1178 885"><u>Social-Emotional</u></p> <p data-bbox="961 938 1136 971">Mirror Play</p> <p data-bbox="785 1027 1312 1170">Hold your baby in front of the mirror. Your baby is developing self-awareness. You can help by pointing to his/her eyes, nose, and mouth.</p> 	<p data-bbox="1478 849 1761 885"><u>Strategies for Play</u></p> <ul data-bbox="1398 938 1892 1393" style="list-style-type: none">• Watch and wait to see what your baby does. Match his/her cues and notice when your baby has had enough play.• Encourage your baby by talking to him/her when he/she is playing. Your baby likes to hear you!• Your baby's job is to explore, but that also means he/she might put things into his mouth. Encourage mouthing of toys and watch for unsafe objects.