

# GAMES TO PLAY WITH INFANTS AND TODDLERS

**Here are some fun playtime ideas just right for our favorite young people.**

## Birth to 12 Months—On Your Feet

Gather several pieces of material with different textures. Hold your baby upright (with hands under your baby's arms) with his feet touching one of the fabrics. Try a few different fabrics to see which textures he prefers. Sensory games like this enhance your baby's tactile and body awareness.

## 12 to 24 Months—Freeze!

Toddlers love freeze dancing. Play music and encourage the child to dance or move in whatever way he likes. Then instruct him to stop when the music ends. This kind of activity encourages listening skills and self-regulation as he practices stopping and starting. (This is a very useful skill for when he goes to school and has to follow a lot of directions!)

## 24 to 36 Months—Instant Authors

Staple 5 or 6 pieces of paper together. Ask your child to tell you a story as you write the sentences down on each page. The child can then draw in the "illustrations". This activity helps the child develop logical thinking as he weaves a story. To guide him, ask, "What happens next?"

Referenced from: Zero to Three: National Center for Infants, Toddlers, and Families  
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