

Birth to 12 months



Set steady routines for feeding and sleeping.

Introduce new foods when age appropriate.

Provide toys that can be grasped by young infants.

Provide older infants toys or snacks that require them to use the pincer grasp: finger and thumb.

Blow bubbles with your infant.

Practice tracking experiences for your baby. Using a toy or any object that interests them, move the object up and down, side to side, back and forth for baby to follow with their eyes.

With supervision, have your infant practice “tummy time” to strengthen arm, shoulder, stomach, and back muscles. Shoot for 30 minutes total daily. This doesn’t have to be 30 minutes all at once.

If possible, lay your baby on back and let them look at a mobile and eventually encourage them to reach for the objects. Some objects are available to put on infant seat carrier handles.

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Gently turn, roll, bounce, or sway your baby to increase body muscle strengthening.

Play with a flashlight with your baby to practice head movement.

Look at black and white graphics or books.

Model safety. Point out “unsafe” objects or situations often: “No touch, that is ouchie.” or “Leave the puppy alone, he’s eating.”

Practice brushing your infant’s gums and eventually allow your infant to brush their own teeth twice a day. Toothpaste is not necessary for infants without teeth, but use a fluoride toothpaste once teeth come in.

Lay your baby on back with feet close to couch for kicking. Encourage kicking movements while talking through what they are doing.

Hold your infant in a standing position for leg strengthening. Encourage bending knees and “jumping”.