

Infants



Infants learn best when guided to explore the world around them. We hope you enjoy these enriching activities that can be incorporated into your baby's daily routines.

On a Roll

Find some round objects for your baby to explore such as balls, rolled up socks, and round fruit. Place the object in a basket or bowl for them to explore. Model rolling objects on the floor, and roll objects to your baby, allowing them to grasp and reach for them.

Shake It Up

Fill two empty water bottles with small objects (be sure the lids are well taped!) and encourage your baby to shake it with you. Shake the bottles fast and then slow, and shake along to a favorite song. Click [here](#) for a video demonstrating how to make sensory bottles with materials from around your home.

From Head to Toe!

Singing songs while moving parts of your baby's body helps develop body awareness. Sit with your baby on the floor in front of you, looking into each other's eyes. Sing "Head, Shoulders, Knees and Toes" while gently touching each part in turn.

Bright Horizons.

World at Home

