



20

# Activities

**TO KEEP YOUR  
12-18 MONTH OLD ENGAGED  
AT HOME**



# Hello Parents

- **Most of the activities given in this book take 5-10 minutes. Try to do at least 1-2 activities per day.**
- **Each child is different. As you introduce different activities, your child may prefer some activities over the others. Do spend more time on the activities your child enjoys the most.**
- **Children this age love repetition. If your child likes an activity, do it everyday for a few days.**

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# 1

## Ball Kicking

### **BENEFIT:**

KICKING COMES NATURALLY TO CHILDREN AT THIS AGE. KICKING THE BALL CAN BE A FUN ACTIVITY FOR THEM TO STAY ENGAGED.



### **INSTRUCTIONS**

Place the ball on the floor. Then hold your baby and swing her legs so the ball is kicked across the floor. You can use buckets or cardboard boxes as goals for the ball to go into. Celebrate each goal and kick with your baby.

# 2

## Let Baby Discover

### **BENEFIT:**

BABIES ARE VERY CURIOUS OF THEIR SURROUNDINGS. IT IS A GOOD IDEA FOR YOU TO CREATE A SAFE SPACE FOR THEM TO EXPLORE AND DISCOVER.



### **INSTRUCTIONS**

**Fill an empty cupboard with a variety of things such as plastic pots, cushions, age appropriate toys, etc. Encourage your child to keep everything back after they have played with it.**

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## Introduce Books

### **BENEFIT:**

IT IS NEVER TOO EARLY TO INTRODUCE YOUR CHILD TO BOOKS. EVEN IF THEY CANT READ, THERE ARE MANY PICTURE BOOKS THAT CAN BE ENJOYED BY 1 YEAR OLDS.



### **INSTRUCTIONS**

**Make a little library of picture books for your toddler. Keep the books at a place where your child can reach easily. At reading time, let your child choose which book to read and also allow them to turn the pages by themselves.**

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## Clap With Rhymes

### **BENEFIT:**

CHILDREN AT THIS AGE LOVE TO CLAP THEIR HANDS. THIS CAN BE ENCOURAGED FURTHER WITH THE HELP OF RHYMES.



### **INSTRUCTIONS**

Keep your little one on your lap and clap along with them. There are many rhymes like 'If you're happy and you know it, clap your hands' that have clapping as a step in them.

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## Walk With A Box

### **BENEFIT:**

1 YEAR OLDS ARE JUST STARTING TO WALK. YOU CAN HELP THEM BY MAKING A 'BABY WALKER' OUT OF STURDY CARDBOARD OR PLASTIC BOX.



### **INSTRUCTIONS**

**Fill the box with items so that it doesn't tip over. When your baby holds onto the side of the box, gently push the box so your child can try walking after it.**



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## Peek-A-Boo

### **BENEFIT:**

BABIES LOVE PLAYING PEEK-A-BOO. THIS GAME WILL KEEP YOUR CHILD DELIGHTED FOR A LONG TIME.



### **INSTRUCTIONS**

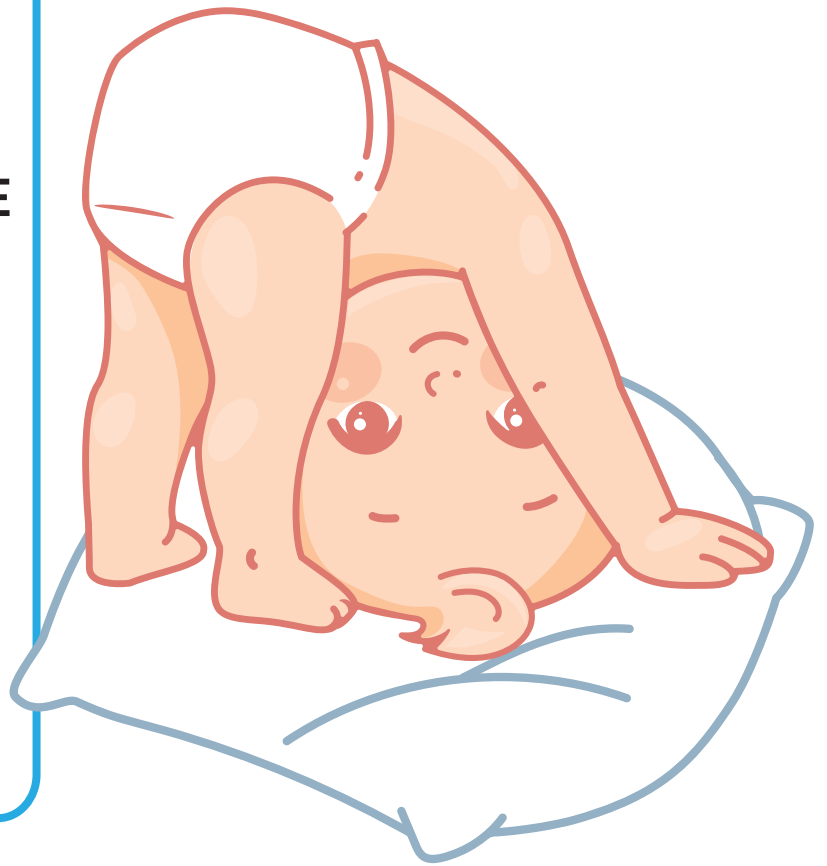
Place a clean scarf over your child's head. Then say loudly 'where's (baby's name)?' Then pull the cloth off and exclaim 'Found you!'. Encourage your little one to reveal themselves after the first few times.

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## Pillow Play

### **BENEFIT:**

PLAYING WITH PILLOWS AND CUSHIONS IS A SAFE AND EFFECTIVE WAY FOR YOUR CHILD TO PLAY. IT HELPS THEM BECOME MORE CONFIDENT OF THEIR SURROUNDINGS.



### **INSTRUCTIONS**

Place a mattress on the floor and put pillows on it for your child to move across. Let your child toss & turn and roll over. You can add sofa cushions and soft toys for your child to try walking & climbing over them.

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## Roll & Catch

### **BENEFIT:**

ROLLING AND CATCHING BALLS ARE GOOD WAYS TO BUILD FOCUS AND COORDINATION IN YOUR CHILD.



### **INSTRUCTIONS**

**Sit on the floor facing your child and roll the ball to each other. Your child can also throw the ball and go after it themselves. A soft ball should be used for throwing to avoid injury.**

## Pot & Pan Play

**BENEFIT:**

MAKING MUSIC WITH YOUR CHILD IS A LOVELY BONDING ACTIVITY THAT PROMOTES LISTENING SKILLS AND COORDINATION.

**INSTRUCTIONS**

Give your child empty pots and pans and ask them to make music by hitting them with a spoon or spatula. You can even find fun tunes that have a rousing beat to play along with.

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## In & Out Games

### **BENEFIT:**

AFTER TWELVE MONTHS, CHILDREN BEGIN TO UNDERSTAND POSITIONAL WORDS. YOU CAN PLAY GAMES USING THIS KNOWLEDGE.



### **INSTRUCTIONS**

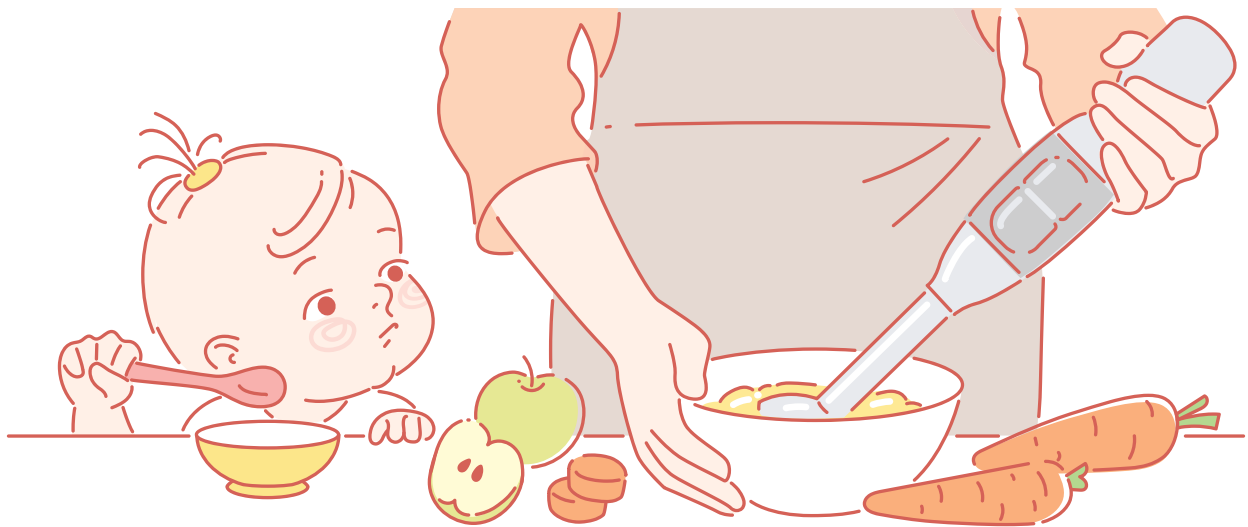
Place your child's hands inside a box and take it out. Then ask them to do it themselves. You can also try using words 'up' and 'down' while picking up objects and putting them down. Then asking your child to repeat it.

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## Copying Adults

### **BENEFIT:**

BABIES LOVE TO COPY THE ADULTS IN THE HOUSE. USE THIS TO KEEP THE BABY ENGAGED THROUGHOUT YOUR DAY.



### **INSTRUCTIONS**

**Do daily tasks such as brushing your teeth in front of your child. You can give them empty spoons and pots to mimic you in the kitchen as well.**

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## Roll & Play

### **BENEFIT:**

ROLLING THINGS DOWN A SLOPE IS AN EXCELLENT WAY TO KEEP YOUR BABY ENGAGED. THIS ACTIVITY ALSO IMPROVES THEIR FOCUS.



### **INSTRUCTIONS**

Use any flat board and lean it against a pile of books. Use a ball or any toy with wheels and roll it down the slope. After the first few times, get your child to do it themselves.

## Walk In The Park

### **BENEFIT:**

BABIES SHOULD NOT BE CONFINED TO THE HOUSE. TAKING THEM TO A NEARBY PARK DURING DAYTIME IS GOOD FOR THEIR CONFIDENCE.



### **INSTRUCTIONS**

You could give your child a small bucket if they feel like picking up leaves or small objects during the walk. Keep an eye out to prevent them from putting objects they found on the ground in their mouth.



## Fun With Food

**BENEFIT:**

BABIES CAN BECOME FUSSY EATERS. FOOD TIME CAN BE MADE FUN TO PREVENT TANTRUMS AT THE DINING TABLE.

**INSTRUCTIONS**

Place the food items in separate pots and let your child spend time sorting them and passing it to you in between eating bites. Place a wiping cloth around the plate to help with cleaning afterwards.

## Searching Games

**BENEFIT:**

BABIES LOVE HUNTING INSIDE BOXES AND BAGS. THIS CURIOSITY CAN BE CULTIVATED FURTHER BY THE PARENT.

**INSTRUCTIONS**

Choose your child's toys, socks and other simple items. Put them inside shoe boxes, cloth bags or pillow cases. You can also just drape a bedsheet over some items and let your child search under it.

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## Talking Games

### **BENEFIT:**

YOUR BABY WILL START TO SAY THEIR FIRST WORDS DURING THIS AGE. THEIR LANGUAGE IMPROVES THE MORE YOU TALK TO THEM.

Mama  
Papa



### **INSTRUCTIONS**

**React to each word that your child says with excitement and say it back to them. Don't correct them in case they say a word wrong, just repeat the correct pronunciation back to them.**

## Animal Activities

**BENEFIT:**

BABIES LOVE ANIMALS. IT IS A GOOD IDEA TO INCLUDE ANIMALS IN THE ACTIVITIES YOU DO WITH YOUR CHILD.

**INSTRUCTIONS**

**Engage in role play of animals with your child. Let your child have fun by asking them to make animal sounds.**

## Pretend Car Rides

**BENEFIT:**

PLAYING PRETEND CAR JOURNEYS WILL MAKE IT EASIER WHEN YOU HAVE TO TAKE REAL CAR RIDES.

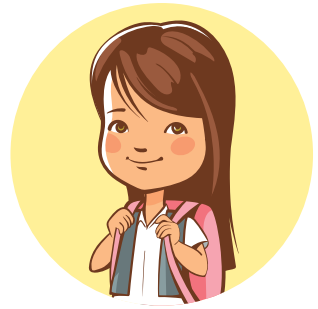
**INSTRUCTIONS**

Put your child on your lap and give them a steering wheel made out of a large circular lid of a container. Make car noises, wave at imaginary friends and stop for filling the tank to make the experience more entertaining.

# Match The Faces & Places

**BENEFIT:**

BABIES AT THIS AGE HAVE BEGUN TO RECOGNIZE FAMILIAR FACES AND PLACES. YOU CAN DESIGN ACTIVITIES AROUND THIS TO STRENGTHEN THEIR MEMORY.



## INSTRUCTIONS

Print photographs of familiar people and places your child knows. Place them around the house and point it out to your child when you pass them. Slowly you can ask to match the face they see on the picture with the real life person around them by pointing.

## Create Memories

**BENEFIT:**

YOUR BABY'S CHILDHOOD ONLY COMES ONCE. IT IS IMPORTANT TO PLAN MEMORIES FOR YOU AND YOUR CHILD TO LOOK BACK TO AFTER MANY YEARS.

**INSTRUCTIONS**

You can click photos & record videos on your phone to capture your child's various milestones. You can also take photos of your child playing with their favourite toys. Show these pictures and videos to your baby, they would love seeing them.

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