

Helpful Learning Activities for Infants 4-8 Months Old

Focus on: *Cognitive Development*

Exploring Everyday Objects.

Common household items, such as measuring spoons and measuring cups, make toys with interesting sounds and shapes. Gently dangle and shake a set of measuring spoons or measuring cups where your baby can reach or kick at them.

Finding the Source of Noises.

Put a windup toy or shake a noisemaker beside or behind your baby. Watch to see if your baby searches for the sound.



Following Movement with the Eyes.

Place your baby in a chair or car seat, or prop her up with pillows. Bounce and play with a flowing scarf or a large bouncing ball. Move it slowly up, then down or to the side, so that your baby can follow movement with her eyes.



Learning to Release Objects.

Your baby will like to throw toys to the floor. Take a little time to play this "go and fetch" game. Give baby a box or pan to practice dropping toys into.

Make Faces.

Your baby can watch you change facial expressions (big smile, poking out tongue, widening eyes, raising eyebrows, puffing, or blowing). Give your baby a turn. Do what your baby does.

Play Peek-a-boo

Use hands, cloth, or a diaper. Cover your face first. Then let your baby hide. Pull the cloth off if your baby can't. Encourage him to play. Take turns.

Simple Sound-Shakers.

Fill a small plastic bottle (empty medicine bottle with child-proof cap) with dry beans or rice. Let your baby shake it to make noise.

Make another shaker using bells. Encourage your baby to hold one in each hand and shake them both. Watch to see if your baby likes one sound better than another.

Taking a Look in the Mirror.

Let your baby see herself in a mirror. Look in the mirror with your baby, too. Smile and wave at your baby.

