Fun & Easy Social-Emotional Activities

Try these activities with your 1-year-old—a great way to have fun together and support your child’s social-emotional development.

1. **Play on the floor with your baby every day.** Crawl around with her, or just get down and play on her level. She will really enjoy having you to herself.

2. **Dance to music with your baby.** Hold his hands while he bends up and down. Clap and praise him when he “dances” by himself.

3. **Let your baby know every day how much you love him and how special he is—when he wakes up in the morning and when he goes to sleep at night.**

4. **Play gentle tickle games with your baby, but make sure to stop when she lets you know she has had enough.** Watch her carefully and you will know.

5. **Go on a walk to a park or a place where children play.** Let your baby watch them and visit a little if he is ready.

6. **When you are dressing or diapering your baby, talk about her body parts and show her your body parts.** Say, “Here is Daddy’s nose. Here is Destiny’s nose.”

7. **Sit on the floor with your baby and roll a ball back and forth.** Clap your hands when your baby pushes the ball or “catches” the ball with his hands.

8. **Twirl your baby around.** He will enjoy a little rough-and-tumble play, but make sure you stop when he has had enough.

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