

These activities help increase children's language and thinking skills and their awareness of themselves as individuals.

For Babies 9-12 Months Old



Peekaboo

Play Peekaboo with your baby. Sometimes cover your face, and then say, "peekaboo" when you uncover it. Sometimes cover the baby's face (by holding up a piece of paper or something in front of the baby) and say, "peekaboo" when you uncover it. If your baby is not having fun playing peekaboo, wait a week and try again.

Who Is in the Mirror?

Stand in front of a mirror with your baby and point to the baby's reflection. Use your baby's name and say, "I see Jose. Where is Jose?" Encourage baby to point to himself in the mirror. Touch his nose and say, "nose." Help him touch his nose. Add other features—ears, mouth and so on. Make faces for him to see. He may try to touch the baby in the mirror. Show him what happens. Soon he will know the names of things and begin to know himself.

Point and Name

Point to things and tell your baby the names, such as "this is your sippy cup" or, "there's Mommy." If she points at something, say, "There's the dog. It's Sammy! Look, he's wagging his tail. He's sniffing your foot. He's licking your face. What does the doggy say? Woof, woof!" Watch to see if baby points to anything. If so, tell her the name of it. Your baby might even be trying to tell you that she wants the thing she is pointing at.

Where Is Your Nose?

Gently touch your baby's nose and say, "What's this? Is this your nose?" Then touch your own nose and say, "What's this? This is Daddy's nose." Then touch your baby's foot and say, "What's this? Is this your foot?" Touch your own foot and say, "What's this? This is Daddy's foot." Point to more body parts and ask your baby what they are.



Literacy and Language Development

What your child is doing

Looks at where you are pointing

Pats pictures and tries to turn pages of book—it's okay if your child turns more than one page at a time

Understands simple directions, such as, "Put the ball in here"

Likes doing things over and over

Begins to remember things for up to 24 hours

What your child is saying and learning

Understands more words than he can say

Responds to own name

May begin to say first words

Follows simple directions, such as, "Get the doll"



What you can do

Name things baby is looking at, such as, "I see you are looking at the truck"

Describe what baby is doing, such as, "You picked up the book. I think you want me to read it with you"

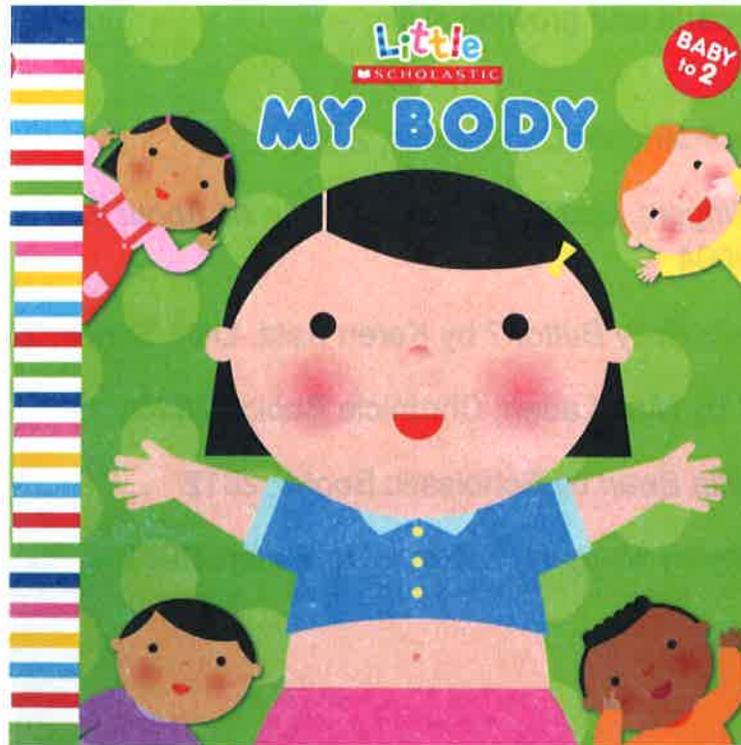
Talk during routine times, such as bathing and diapering

Read books with simple pictures of colors, animals or shapes

Name pictures in book

You don't have to read the whole book. It's okay to stop if your baby gets tired or fidgety and start again at another time. Keep trying to read to your baby every day

Suggestions for Reading *My Body to Babies*



Read all or parts of the book to your baby. Here are some strategies for sharing *My Body*:

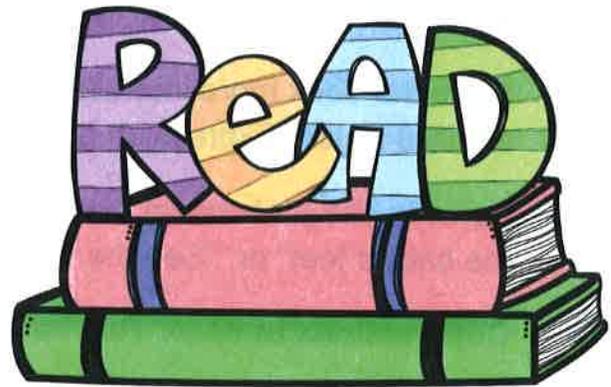
- Before you start reading, you can say, "**Let's start at the front of the book.**" When done, you can say, "**Here's the back of the book.**"
- Make the book more interesting and fun. Babies like it when you **use a high, excited voice**. Expression brings the book alive.
- **Point to the pictures** in the book and tell baby what they are. Say, "Look! See the baby's feet" or, "See the baby's belly?"
- **Copy actions in book.** Rub baby's belly and point to the nose.
- Stop when the baby is tired or hungry. Go back to the same book later.

My Body is best for babies ages 9-12 months, but can be used for younger or older children as well.

Other Books for This Age

This is a time when babies are starting to become aware of themselves as an individual. They start to learn about the different parts of their bodies and how they can control things such as their fingers, arms and legs. The books listed below introduce babies to their body parts and growing skills.

- *Potty* by Leslie Patricelli. Candlewick, 2010
- *Eyes, Nose, Fingers, and Toes: A First Book All About You* by Judy Hindley. Candlewick, 2004
- *Where is Baby's Belly Button?* by Karen Katz. Little Simon, 2000
- *Peek-A Who?* by Nina Laden. Chronicle Books, 2000
- *I Love You, Little Bear!* by Scholastic Books, 2012
- *Peekaboo Baby* by Margaret Miller. Little Simon, 2001



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Pat-A-Cake

Pat-a-cake, pat-a-cake, baker's man,
(Hold baby's hands and clap to the rythm of the song.)

Bake me a cake as fast as you can.
(Hold baby's hands and clap to the rhythm of the song.)

Roll it, (Roll arms in a circle.), and pat it (Pat hands on lap.)
and mark it with a "B," (Write a B in the air.)

And put it in the oven for Baby and me.
(Make the motion of putting a cake in the oven.)



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