

Activities that Promote Cognitive Development in Young Infants (0-6 Months)

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Your baby is learning to be socially aware. Shortly after birth, she will look at you and her brain will make the connection that you are an important person in her life. She will also make the connection that your voice is the voice of that special person who loves and cares for her. She will turn her head towards the sound of your voice when she hears it. She also loves to hear language and will try to converse with you almost from birth. Over the first few months of life, she will become aware of how her body moves and will begin to explore the world through her five senses.

Activities:

1. Hold your face about 12 inches from hers and talk to her. She may try to imitate your facial expressions.
2. Hang a mobile over her crib at about 15 inches. She will enjoy watching it. At some point, she will begin to realize that her own movements make the mobile move. As your infant becomes more mobile herself, you will need to raise the height of the mobile so that she will not grab it or become entangled in it.
3. Play classical music for her. This may help soothe your baby and some believe it may help with development in the music and math areas.

Peg Cramer has been an Early Childhood educator since 1978, earning her Master in the Art of Teaching. Peg also currently serves on the Governor's Mentor Michigan Providers Council. She is a consultant for Children In Full Bloom, LLC and has published numerous educational materials. Peg also facilitates workshops, and writes articles for educators and parents.