

SUCCESS BASICS

Five fun, easy and powerful ways to help your child grow smarter.

[successtartsearly.org](https://www.successtartsearly.org)

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SUCCESS BASICS

PLAY

Tips for Infants (0-12 Months Old)

EXPLORE THROUGH MOVEMENT AND PLAY

Do Tummy Time

Give your infant regular “tummy time.” When they lift their head to look around, they strengthen the upper body and prepare muscles to crawl. They also get a new view of their surroundings!

Practice Reaching

Hold a toy over your infant’s head, or put one on the floor just beyond their reach. This will encourage your infant to reach and build coordination.

Play Peek-A-Boo

This game teaches infants that objects (and people) exist even when hidden. It’s also a fun way to bond with your child.

Give Things to Handle

Provide objects of different colors, shapes, and textures to play with. Handling objects helps with hand-eye coordination and motor skills. Use everyday objects. You don’t need fancy toys to keep your baby’s attention!

Support Discovery

Your infant discovers how the world works by experimenting. They also learn through repetition, so they might drop a spoon over and over to see what happens. Watch and assist!

Play Search and Find

Put an object under a bucket or blanket and see if your child can find it.

Let Them Move Around

Let your child explore their surroundings by reaching, rolling, scooting, and crawling. This is good for coordination. It also strengthens their “mind’s eye” as they see things from new angles and sense where they are in space. Just make sure they are safe!



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