

# Activities that Promote Cognitive Development in

## Mobile Infants (6-12 Months)

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Your baby is beginning to get around under her own power! When she starts to crawl around, you'll be excited and terrified. Her horizons have expanded. She can crawl and scoot and "cruise" wherever her fancy takes her. Now she is really beginning to imitate the actions of others. She has longer periods of wakefulness and she is learning constantly.

As you perform a task, she watches you and creates mental images of how things work. She knows the difference between a familiar face and an unfamiliar one. If she has not seen a man with a mustache, she may be afraid when she sees one. She may take a little time to decide whether to trust a new person. You need to reassure her and help develop that self-confidence that will take her confidently through life. She enjoys taking things apart and putting them back together. She will now seek for an object that is hidden instead of forgetting about it. She is also learning to use simple tools like a spoon. As she begins doing simple activities, remember that she is just beginning and that she will need a lot of practice.

1. Invest in a set of nesting blocks or cylinders. The set has seven to nine blocks that nest inside each other. Your baby will enjoy dumping them or taking them apart and then trying to put them back together. Let her do it any way she wants. She does not care if only three blocks are nested together. Show your interest and your pleasure at her performance of this task. She will slowly get better at it as she develops.
2. Imitate sounds she makes. She will probably imitate you right back.
3. Sing some notes of the scale to her. She will try to imitate you.
4. Read to her every day. She probably has favorite board books that she will want to hear over and over.
5. Give her safe objects to shake and discriminate sounds. She will explore them through her senses which means she will look, listen, touch, smell, and try to taste everything.
6. Place an unbreakable mirror in a spot where she can see herself.

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