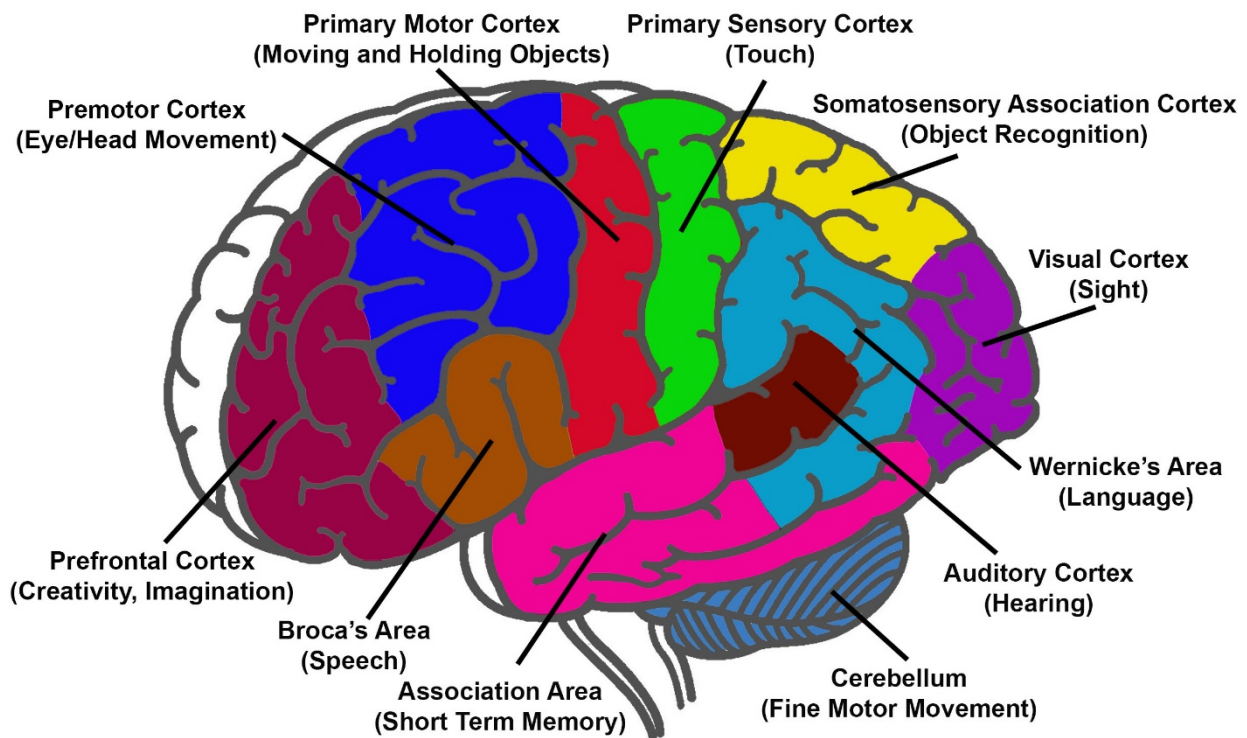


# Activities for children

## 0 to 6 months

On the next pages you will find suggestions of activities to do with a child 0 to 6 months old. Don't worry about using the specific toys/items suggested, use whatever is available to you. The goal of these activities is to encourage parents and caregivers to play with their children and foster brain development. After the suggested activities you will find a sheet containing pictures of the brain and the parts that are activated when doing each activity. Below is a picture of a brain with all of the parts labeled.



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These activities are brought to you through a collaboration between [Hillsboro Area Hospital](http://www.hillsboroareahospital.org/) (<http://www.hillsboroareahospital.org/>), [Hillsboro Community Child Development Center](https://hccdc.edublogs.org/) (<https://hccdc.edublogs.org/>) and [Southern Illinois University School of Medicine Department of Population Science and Policy](http://www.siumed.edu/popscipolicy) ([www.siumed.edu/popscipolicy](http://www.siumed.edu/popscipolicy)).

Please contact [PSP@SIUmed.edu](mailto:PSP@SIUmed.edu) with any questions.

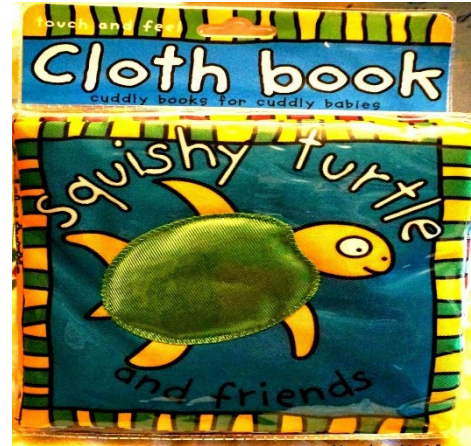


## Activities for children 0 to 6 months

### Cloth Book

Bag A: 0-6 months

Hold your baby and read the book. Your baby loves to hear your voice. Follow the words with your finger. Point to the pictures and talk about the pictures. If your baby reaches for the book, let your baby hold it. Talk or sing with your baby. When your baby starts to make sounds, repeat the sounds back.



### Keys

Bag A: 0-6 months

Sit on the floor. Place your baby in your lap with his/her back against you. Gently dangle and shake the keys in front of your baby. Let your baby hold and explore the keys. Your baby is learning to release objects. Your baby may drop and throw the keys. Give your baby a box or pan to practice dropping toys into. Clap your hands, praise your baby, and have fun!



### Mirror

Bag A: 0-6 months

Hold the mirror where baby can see the reflection. Talk to your baby in a soothing tone and tap the mirror. When your baby turns to the mirror, say your baby's name with a smile. Gently touch and talk about the parts of the face – nose, ears, cheeks, and more. Repeat sounds your baby makes.



## Rattle

Gently shake the rattle near your baby's head. After the baby's eyes move toward the noise, shake it a little harder and say, "There it is!" Move the rattle to the other side of your baby's head and shake it. Encourage your baby to find it again and give praise. Put the rattle in your baby's hand and see if your baby can hold it.



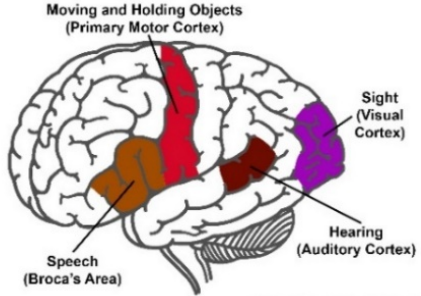
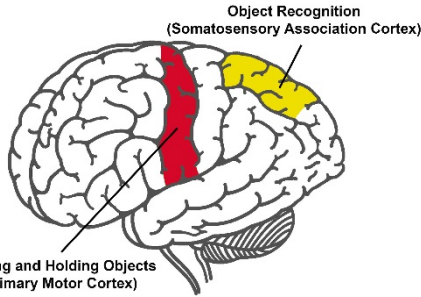
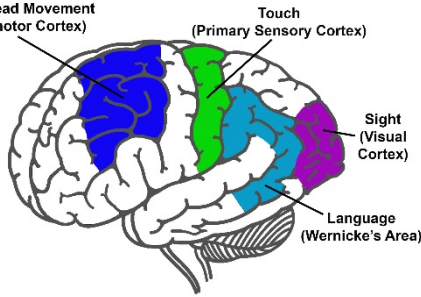
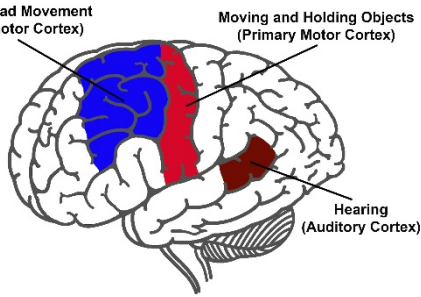
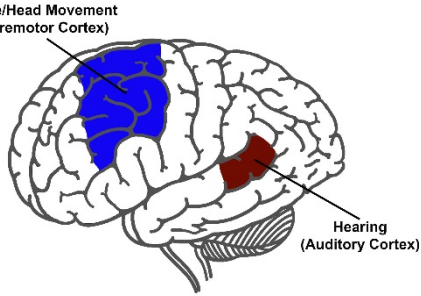
## Washcloth Puppet

Put the puppet on your hand. Talk to your baby while slowly moving the puppet up and down so your baby's eyes follow the movement. Each time your baby is able to follow the puppet, give praise. Now move the puppet side to side, then in a circle. Then try a new movement.



# Activities for children 0 to 6 months

## Brain activity

|                         |   |
|-------------------------|---|
| <p>Cloth Book</p>       |  <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Speech (Broca's Area)</p> <p>Sight (Visual Cortex)</p> <p>Hearing (Auditory Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p> |
| <p>Keys</p>             |  <p>Object Recognition (Somatosensory Association Cortex)</p> <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>                               |
| <p>Mirror</p>           |  <p>Eye/Head Movement (Premotor Cortex)</p> <p>Touch (Primary Sensory Cortex)</p> <p>Sight (Visual Cortex)</p> <p>Language (Wernicke's Area)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>    |
| <p>Rattle</p>           |  <p>Eye/Head Movement (Premotor Cortex)</p> <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Hearing (Auditory Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>              |
| <p>Washcloth Puppet</p> |  <p>Eye/Head Movement (Premotor Cortex)</p> <p>Hearing (Auditory Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>   |