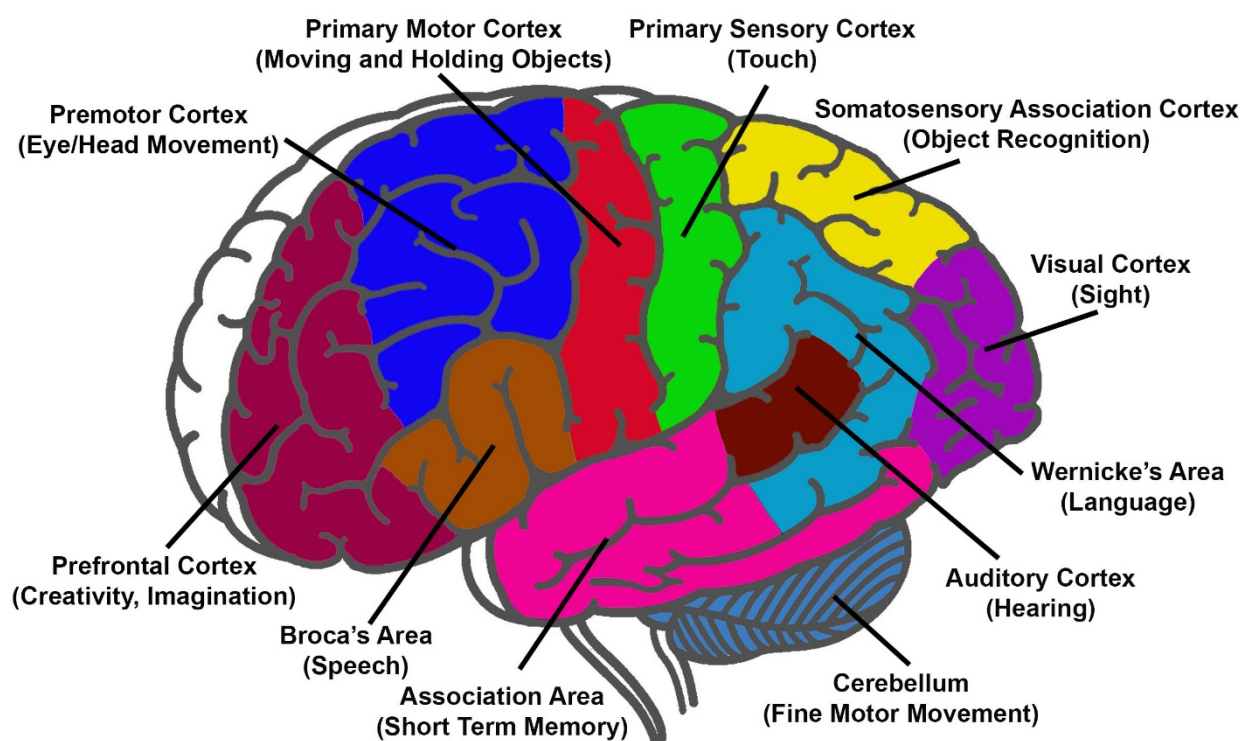


Activities for children

7 to 12 months

On the next pages you will find suggestions of activities to do with a child **7** to **12** 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).

Please contact PSP@SIUmed.edu with any questions.



Activities for children 7 to 12 months

Chain Links & Mug

Bag B: 7-12 months

Encourage your baby to pick up a chain link in each hand. Put the links in the container with the lid and let your baby shake the container. Attach several links to form a chain. Then attach one end to a toy or plastic cup and the other end to a car seat or high chair. Let your baby throw the toy then pull it back up. Have fun playing this "throw and fetch" game.



Musical Instrument

Bag B: 7-12 months

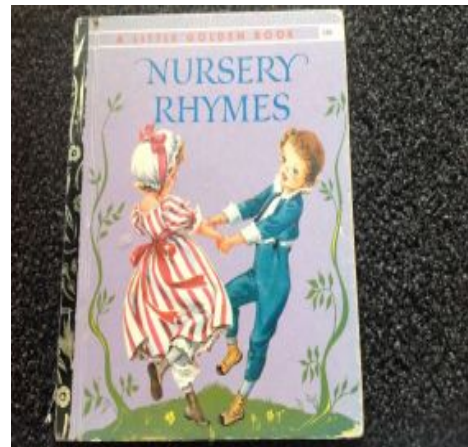
Give your baby the instrument to play with. Talk with your baby about the sounds that are created. Show your baby how to make soft and loud sounds with the instrument. Sing baby's favorite song while he/she plays with the instrument. Hide the instrument behind your back. Ask baby "Where did it go?" Give it back to the baby. Encourage baby to hide the instrument.



Nursery Rhyme Book

Bag B: 7-12 months

Hold your toddler and read the book. Follow the words with your finger as you read. Name the animals or objects on the page. Sing the rhymes to your toddler.



Sensory Ball

In an open area on the floor, place baby on his/her tummy. Set the ball on the floor just out of baby's reach. Tap the ball and encourage your baby to reach for and move toward it. When your baby starts to roll or crawl, give praise. Crawl with your baby. This can be a fun game of tag. Give lots of hugs and kisses when you catch your baby.



Sock & Fabric Marker

Show your baby how to pick up links and put them inside a sock. Then, take them back out. As you play, use the words "in" and "out." The sock makes for a great puppet. Use the fabric marker to make a puppet. Talk about the eyes, nose, and mouth as you draw them. Have the puppet talk or sing to your baby.



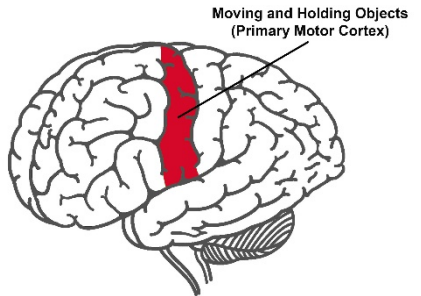
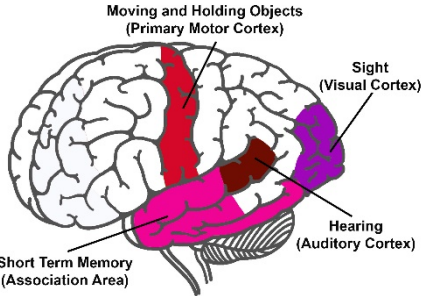
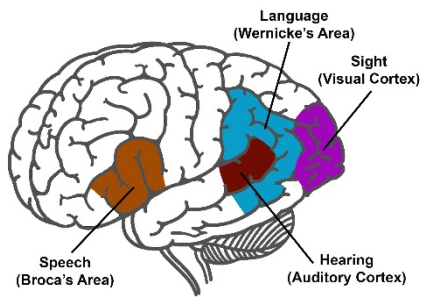
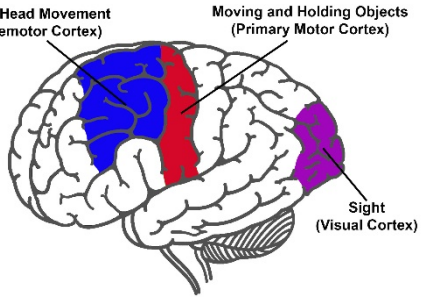
Washcloth

Gently rub your baby with a washcloth. Talk about how it feels ("soft," "rough," "slippery"). Put the washcloth over your face first; pull it off and say "peek-a-boo". Then, let your baby pull the towel off your face. Next, put the washcloth on your baby's head and let your baby pull it off. Enjoy playing peek-a-boo with any cloth, your hands, or a diaper.



Activities for children 7 to 12 months

Brain activity

<p>Chain Links and Mug</p>	 <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Musical Instrument</p>	 <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Sight (Visual Cortex)</p> <p>Hearing (Auditory Cortex)</p> <p>Short Term Memory (Association Area)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Nursery Rhyme Book</p>	 <p>Language (Wernicke's Area)</p> <p>Sight (Visual Cortex)</p> <p>Speech (Broca's Area)</p> <p>Hearing (Auditory Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
<p>Sensory Ball</p>	 <p>Eye/Head Movement (Premotor Cortex)</p> <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Sight (Visual Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>

<p>Sock Puppet</p>	<p>Moving and Holding Objects (Primary Motor Cortex)</p> <p>Language (Wernicke's Area)</p> <p>Sight (Visual Cortex)</p> <p>Fine Motor Movement (Cerebellum)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
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<p>Washcloth</p>	<p>Object Recognition (Somatosensory Association Cortex)</p> <p>Sight (Visual Cortex)</p> <p>Language (Wernicke's Area)</p> <p>Moving and Holding Objects (Primary Motor Cortex)</p> <p><small>© 2018 Board of Trustees of Southern Illinois University</small></p>
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