

Brain Stimulating Activities for 0-3 year olds

BY APURVA
(@MOMMYHUES)



CONTENTS

ABOUT THE AUTHOR

INTRODUCTION

CHAPTER 1

Activities for 0-2 Month olds

CHAPTER 2

Activities for 3-6 Month olds

CHAPTER 3

Activities for 6-12 Month olds

CHAPTER 4

Activities for 1-3 Year olds

CONTENTS

100+ ACTIVITIES E-BOOK

CONCLUSION

NOTES

About the Author

Hi, my name is Apurva, mom to my 3 year old daughter. I am an Electronics Engineer and an Acupressure specialist. I have worked in the corporate sector and have even founded my very own handmade business. Out of the various roles that I have played, becoming a mother is what I cherish the most.

I am a firm believer in early brain development and the power of play. As a first-time mom, I always researched about ways to engage my baby in a productive way and help my baby realize her true potential as the major brain development happens in the first 5 years of life. These initial years lay the foundation for the rest of the life.

I started doing activities with my child right from the beginning. I was amazed to see the results of doing brain stimulating activities consistently over a period of time. The growth is tremendous. These skill-building activities when done regularly help enhance your child's

development, boosts their confidence and makes them independent.

I am a *Certified Parenting Coach* and I share parenting tips, advice and coach parents by providing them with tools and strategies that they can use to overcome their challenges in parenting and help them build a beautiful and strong bond with their children.

My Instagram handle is [Mommyhues](#). I also have 2 parenting podcasts where I share and talk about all things parenting.

I truly believe that knowledge is power and knowledge shared is knowledge squared. So tune in to my podcasts [Mommyhues](#) and [Quick 3 Minute Parenting](#) for raw, unfiltered and valuable parenting info.

Apurva

Introduction

The first 5 years of life are when a child's brain development is the fastest. Did you know that a child's brain is 90% ie., nearly full-grown by the age of 5! That is why it is super important to make the best possible use of these precious first 5 years.

Starting from birth, children develop brain connections through their everyday experiences. They are built through positive interactions with their parents and caregivers. Every time we connect with children, it is not just their eyes that light up — it is their brains too! Positive early experiences during the early years are the best opportunity for a child's brain to develop the connections that they need to be healthy, capable and successful adults.

So here's the question:

Why do we need to do activities with children? Why do we need to engage them in play?

Activities provide innumerable benefits. It helps children develop cognitively, physically, socially and emotionally. It provides a primary foundation for learning, exploring and problem-solving. It also provides an outlet for creativity and experimentation and they also learn how to interact and communicate with others.

Through my personal experience, I have seen a lot of parents who do not realize the importance of doing activities with their child. They do not understand the role of play in shaping the child. I'm sure that every parent wants the best for their child but the lack of awareness is what makes the difference to the child. So if you are reading this e-book right now, then I'm sure that you realize that play and activity time is very important for your child. But let me take a moment to explain the impact it has on your child.

Activities inspire children to imagine, pretend and create. Open-ended play is very helpful for developing critical thinking skills. It also helps in motor development, ie., the movement of muscles. It promotes motor planning skills, provides an understanding of spatial relations and also supports balance and dexterity.

Activities also help children learn how to interact with others and hence is also very important for social development. It provides them opportunities to share thoughts and ideas, to listen and to compromise. Not just social interaction, it also helps children to understand and process their own emotions.

For example: When a child loses a game, they learn to process emotions like sadness and anger. It also helps to build their self-confidence and self-esteem.

Now that we are clear about the importance of activities in shaping a child's personality, let's look at the different activities that we can do with our child with things that are easily available, require minimum or no setup time and that help them to develop skills and keeps them engaged at the same time.

This ebook contains 20 Brain Stimulating activities for your lil' one. All the activities are carefully curated based on my own experience. The chapters have been divided according to the different age groups and there are 5 Brain Stimulating activities given for each age group.

CHAPTER

01

Activities for 0-2 Month olds

Generally, people think that there is not much that can be done with a newborn but let me tell you, this is a wonderful age to start doing activities with your child.

Here is a list of 5 activities that you can do with your child.

Tummy Time

This is the #1 activity that you **must** do with your newborn. Place a mat on the floor and place your baby with the belly on the mat. This is very helpful to strengthen the neck muscles and it also helps your baby to understand the process of rolling over. Not just that, tummy time can also prevent the back of your baby's head from developing flat spots. So don't forget to do this every single day.

Picture Cards

Newborns can only focus about 8-12 inches from their face

and they can only see the colours black and white. So you can show your baby some cards with white and black patterns and pictures on them. They will find these high-contrast cards very interesting. This provides the required visual stimulation.

Not just as picture cards, you can use these as flashcards and tell your baby the object on the card. This provides auditory stimulation, enhances visual memory, it cultivates object recognition and also aids in brain development.

You can stick these picture cards on the wall next to your baby, where your baby can see it, or hang it on your child's play gym, etc.

Wiggle Toys

As your baby reaches about 2 months of age they can detect the brightness and intensity of colours and get attracted to bright colours. So you can give them wiggle toys, especially ones that rattle. Take a colourful rattle and move it in different directions. This helps develop vision and tracking skills.

Massage

Massage is a great activity that you can do with your newborn. Give them a nice full-body massage. It helps them to relax and is a great bonding experience and it also helps in creating awareness of the body for your baby. It keeps their mind and body active, strengthens muscles and bones and aids in development.

Exposure to Different Textures

Another fun activity that you can do is give them objects with different textures to touch like a soft furry blanket, a rattle, a cotton cloth, a sponge, etc. This provides a great sensory experience.

So these are some activities that you can do with your newborn.



👉 If you enjoyed doing these activities and want more such fun & brain-boosting activities for your lil' one then you can check out my book **100+ Brain Stimulating Activities for 0-3 year olds** - [Click here](#)

CHAPTER

02

Activities for 3-6 Month olds

You can continue doing the activities that have been mentioned for the newborns and along with that several other activities.

Here is a list of 5 activities:

Kick a Balloon

You can loosely tie helium balloons around the ankles with the balloons just a little above the feet. This provides a great source of entertainment for babies as they kick the balloons and also helps to strengthen their muscles.

Popping Bubbles

This is another all-time favorite game. Just blow some bubbles and watch their excitement as they try to pop them. This helps them in visual tracking and develops hand-eye coordination.



Mirror time

Hang mirrors at your baby's level. Your baby, at this age, would definitely think that there is another baby in front and makes some movements. They will be delighted to see the reflection make the same movements. It is a super cute game and fun to watch too.

Water play

Fill a tray with water and put a few objects in it. You can use balls, blocks, animals, cups, spoons, etc. to place inside the tray. Let your baby try and pick up stuff from the tray. It's definitely going to be messy but it's a lot of fun. Your lil' one will enjoy splashing the water and throwing stuff out. It is a very good sensory experience for your baby. It also helps in developing fine motor skills.

Ice Play

Babies learn about their surroundings through touch and it is very important to give them those varied experiences. Take an empty ice tray and place some small animals, blocks, or anything interesting in the spaces and then fill it up with water. Once the ice cubes are ready you can put them in a tray for your baby to play with. Babies love to

touch the cold ice cubes and it is a very engaging activity. The animals inside the ice cubes make it even more interesting.

So these are some fun and engaging developmental activities for babies of the age group 3-6 months.



👉 If you enjoyed doing these activities and want more such fun & brain-boosting activities for your lil' one then you can check out my book **100+ Brain Stimulating Activities for 0-3 year olds** - [Click here](#)

CHAPTER

03

Activities for 6-12 Month olds

There is a plethora of activities that you can do with this age group.

Here's providing a list of 5 such activities:

Treasure Basket

Take a basket and fill it up with different objects like a ball, a small napkin, soft toys, spoons, blocks, anything that is available and give this basket to your baby. This basket acts like a treasure box that your child can dig into. This is simple, yet a lot of fun. It provides a great sensory experience.

Shakers

Shakers are great fun. You can make your own shakers at home. Just pull out some old plastic bottles. Fill each bottle with different types of objects. You can use things like beads, rice, marbles, pasta, pom-poms, jingle bells, etc. Fill the bottle only halfway and give these bottles to your



child. Your child can shake the bottles and learn about the different sounds. This helps enhance their auditory skills and is great fun for the kid as well.

Play drum

Babies love to bang objects. You can create a drum for them by turning a bucket upside down or using saucepans or pots from your kitchen. You can give your baby wooden or steel spoons or ladles to bang with. A simple and super fun musical instrument is ready for your baby to hit, bang and play around. This activity improves hand-eye coordination and helps to explore music.

Obstacle course

Use different objects at home and create an obstacle course for your baby. You can use things like chairs, tables, cushions, blankets, stools, soft toys, etc. You can also create a tunnel as part of the obstacle course using blankets. Ask your baby to cross the obstacle course. Your baby will learn to move through, under, above and over things. This helps in developing motor skills and cognitive skills and also provides a sense of spatial awareness. You too can join in on the fun and spend some quality time with your baby.

Squeeze n play

Babies love to squeeze and squish things. This is how they explore and learn about the stuff around them. It is important to provide your baby with sensory experiences that enable them to touch, feel and understand the different textures. In this activity, you can give your child a few things that they can squeeze and play with. This is again a messy activity, so be prepared for the mess. You can give your child things like a sponge, bubble wrap, a ripe tomato, banana, boiled potato, etc. Let them squish it, smash it, tear it apart and enjoy the experience however they want. This provides very good sensory stimulation for your baby.



👉 If you enjoyed doing these activities and want more such fun & brain-boosting activities for your lil' one then you can check out my book **100+ Brain Stimulating Activities for 0-3 year olds** - [Click here](#)

CHAPTER

04

Activities for 1-3 Year olds

At this age, your child starts developing pre-writing skills and it is very important to work on their pincer grasp to help strengthen their finger muscles. Also, this is the time when your child starts getting ready for preschool. So the activities listed in this chapter will help your child to improve fine motor skills, increase concentration, develop cognitive ability, provide sensory stimulation and so much more. These activities are great to build your child's skills at many levels and help to make your child ready for preschool.

There are numerous activities that you can do with children of this age group. I will be sharing 5 activities that are super easy to set up and that require materials that are easily available at home.

Pom-Pom Activity

You will require a whisk and some pom-poms of different



sizes. Stuff the pom-poms inside the whisk and give it to your baby. Ask your baby to pluck out the pom-poms. This helps in hand-eye coordination, improves concentration and pincer grasp.

Clothespins Activity

For this activity, you will require cardboard and some clothespins. Cut the cardboard into shapes like circle, square, triangle, etc. and write the alphabets on the sides and corners. Now write the same alphabets on the clothespins too. Ask your child to clip the 'A' clothespin on the letter 'A' written on the cardboard and so on. It's a fun way of learning the alphabets while working on the pincer grasp at the same time.

Popsicle Sticks Activity

This activity is called *Building the Letter*. Write a letter on a sheet of paper, for example, let's say letter N. Ask your baby to use the popsicle sticks to form the letter N. It seems challenging at first, but with practice, they will get the hang of it. To make it simpler you can start with shapes like triangles, squares, etc., and then move onto the alphabets. This helps to develop cognitive skills.

Salt Painting Activity

This is a super fun activity with paints that kids absolutely love! It is called Salt Painting. Take a cardboard sheet. You can draw anything on it, like some shapes, flowers, etc. or you can even write your child's name on it. Now apply glue on the drawing and pour salt over the glue. Make sure that the salt covers the glue properly and dust off the excess salt. Now let this dry properly. You will then need watercolours. Ask your child to dip the wet paintbrush in watercolours and gently place a drop of it on the salt. You can see that the paint spreads across. It is rather fun to watch. You can let your child use multiple colours and see the magic.

Water Play

This activity is called *Pick the Ball*. You will require a tray filled with water and a few balls of different colours. Put the balls in the water. Give a ladle or net to your child and ask them to pick the balls and sort them according to their colour. This is a super fun activity. It is very helpful for skill-building too. It helps improve fine motor skills, hand-eye coordination and concentration.

You can get creative and create your own variations of this game. For example, instead of balls, you can put in some sea animal toys or cut some lemons and put them in the water and so on.

So these are some activities that you can do with your child at home, using the materials that are readily available. As you do the activities with your child you will find that your child loves certain activities more. You can use your creativity and come up with more activities on the same lines.

Learning can be fun when taught through play. So go on, have fun, enjoy and teach your lil' ones at the same time.
Happy Parenting :)



👉 If you enjoyed doing these activities and want more such fun & brain-boosting activities for your lil' one then you can check out my book **100+ Brain Stimulating Activities for 0-3 year olds** - [Click here](#)

100+ Activities e-book

If you enjoyed this sample copy, then you are sure to love the e-book with over 100+ activities for your lil' one.

This value-loaded e-book can be a secret weapon

- Contains 100+ brain-stimulating activities
- Helps develop gross and fine motor skills
- Improves hand-eye coordination
- Increases focus and concentration
- Develops cognitive skills
- Provides visual and auditory stimulation
- Provides varied sensory experiences
- Helps develop pincer grasp
- A fun way to teach new concepts
- Keeps your child engaged and entertained
- Provides a screen-free learning environment
- Helps develop life skills
- Makes them confident and independent
- These activities require minimum or no setup time
- Provides you some me-time 😊

... and so much more!

[Click here](#)
[to check it out!](#)

Conclusion

I hope this e-book has been helpful and has given you some direction regarding the utilization of resources that are already available at home and got your creative juices flowing when it comes to creating your own activities. I'm sure that doing these activities on a daily basis with your baby will provide fruitful results while being able to spend quality time and bond with your child at the same time.

Being a *Certified Parenting Coach*, I share content related to *handling toddler tantrums, digital parenting, positive communication with kids, mindful parenting, tips for parents of toddlers, middle schoolers & teens and so much more!!*

Please feel free to reach out to me



<https://instagram.com/mommyhues>

You can listen to my podcasts here



Mommyhues Podcast



<https://open.spotify.com/show/6xKDslRUsdg0xjzXhhQL3T>



Quick 3 Minute Parenting Podcast



<https://open.spotify.com/show/7KWtPmWmLqGjy7Jj0FPXhb>



Notes



Notes

