

Play and activity ideas

Activities before and around the first steps

10-12 MONTHS

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1 Standing and steps

Strength comes from repetition:

- **Furniture cruising:** A toy at the end of the sofa — step by step.
- **Push toy:** A sturdy cart or box.
- **Squat and stand:** Picking up a toy from the floor.

2 Putting in and stacking

Little hands get skillful:

- **Posting boxes:** Large objects into a box with a big opening.
- **Soft block tower:** Build and knock down together.
- **Nesting cups:** Stacking one inside another.

3 Books and music

Rhythm and words from day one:

- **Picture book:** Show and name: dog, ball, car.
- **Dance:** Play music and sway together.
- **Playing music:** A rattle or a drum from the kitchen.

4 Imitation

The little learner watches and repeats:

- **Real-life things:** Give baby a cup, a brush, a toy phone.
- **Kiss and wave:** Show gestures and repeat them.
- **First words:** "Mama", "give" — repeat joyfully.

Good to know:

Every baby walks at their own pace — some at 9 months, others at 15. Play without pressure or comparison is the best gift you can give.