

activities for COGNITION & PERCEPTION DEVELOPMENT

The Cognition & Perception Stage of Development involves the process of learning and remembering, including problem solving and decision making.



You can help support your child's Cognition & Perception development with these simple activities:

1

Sing and talk to your baby and respond to the sounds they make.

2

Play with mirrors! When you are walking past a mirror in your house, pause to let your baby see themselves. Interact with the mirror by making silly faces and talking to your baby about what you see.

3

Make reading together a part of your daily routine. Let your baby or child handle and mouth the books - this is one way they take in information.

4

Give your child choices: What would they like to wear today, the green or yellow shirt? Which snack would they prefer, sliced apples or carrot sticks?

5

Play hide and seek! This simple game helps practice remembering instructions and planning, and promotes bonding. It can also be a way to work on separation anxiety.

6

Work on two-step instructions by asking your child to name something they see in the room that is blue and then to clap their hands. Next, ask them to pretend to sneeze and then to touch their toes.

7

Dedicate a cupboard or a drawer in your house for kid-friendly items like cups, bowls, spoons, play food, empty boxes, etc., and allow your child to open and close the drawer, take items out, and put them back in again.



Wyoming
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