

Checklist: 10 Things to do with your baby

1. Activity #22: Go to the theater where crying is allowed

Babies are welcome at “Bringing up Baby” shows on 2nd & 4th Tuesdays at the Cerrito. Tickets \$8.

2. Activity #45: Practice yoga, baby style

Our favorite postpartum class is Yogalayah where helpers assist with your baby and massage is included.

3. Activity #62 Go for a swim

The warm pool at Berkeley High offers a drop-in swim “lesson” for parents with babies, starting at six months old during the special parent and tot hour.

4. Activity #111: Promise yourself a rose garden

Wear your baby and enjoy a stroll. Bring a visiting grandma, park on Euclid, and walk down through the Berkeley Rose Garden, especially at sunset. 1200 Euclid Avenue in Berkeley.

5. Activity #128: Fondle the veggies at a farmer’s market

Take a stroller with a basket underneath and check out any of the East Bay’s Farmer’s Markets. Feed your baby outdoors. There are several to choose from.

6. Activity #197: Test drive some music classes

Lots of the franchised music classes for babies offer a trial class for free. Music Together is our favorite and in several locations. Pull together friends for a free demo class for a group.

7. Activity #216: Visit a farm

Little Farm in Tilden Park has sheep, cow, goats, and more. Even better, it is free. Bring celery to feed the big animals and let your older baby see what Old MacDonalld is talking about. Open daily from 8.30 to 4 pm.

8. Activity #226 Join Crawlers Anonymous

Buy a membership to a place where babies and parents gather to play so you have somewhere to go when you need a change of scenery. Our favorite: Studio Grow or Play Cafe. There are many other options too!

9. Activity #231 Meow, bark and tweet at the pet store

Petco in the El Cerrito shopping center is like a tiny zoo for babies. There are tons of fish tanks, mice, guinea pigs, and birds, but and you can hold your baby right up to the cage. We like to hit Petco and then the train table at Barnes & Noble across the way.

10. Activity #238: Pitch a tent at an outdoor store

An almost-toddler will appreciate the slick paths at REI on San Pablo. Go during off-peak hours, unzip the demo tents for her, and let her climb inside. San Pablo at Gilman.

Activity #209 Do what YOU want to do: where's your favorite place? Can you bring your baby?

