## Daily Baby Activities

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<th>Day</th>
<th>Activity</th>
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<tr>
<td>Sunday</td>
<td>Give your baby large magnets to place on the fridge and tell them what they are (i.e. letters, numbers, shapes, etc.)</td>
<td>Turn the faucet on and off in front of your baby. Tell them, “Water on” or “Here comes the water” and “Water off” or “The water is all gone”.</td>
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<td>Monday</td>
<td>Ask your baby to do certain actions, such as, “Crawl to mama” or “Roll the ball to me”. If they seem confused at first, show them the action you are asking them to do.</td>
<td>With your finger, brush your baby’s lips. Bring your baby’s finger to their lips to do the same motion. Encourage them to explore their mouth and what other sounds they can do.</td>
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<td>Tuesday</td>
<td>Tie a couple of toys to hang from your baby’s high chair. Encourage your baby to grab them by pulling on the string.</td>
<td>Find pictures of butterflies to show your baby (from a book, online, or seeing them in-person while walking). Tell your baby what colours they are.</td>
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<td>Wednesday</td>
<td>When your phone rings, tell your baby, “That’s the phone.” When you hear the door bell, tell your baby, “That’s the doorbell.”</td>
<td>While your baby is on their tummy, wave a towel or scarf over their head. See if they’ll lift their head and inch upwards to try and grab it.</td>
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<td>Thursday</td>
<td>As you’re cooking, bring your baby’s nose to smell the lightly scented foods and tell them what they are.</td>
<td>Wash your baby’s hands before and after their meals and diaper changes. Let them know it’s important to wash up!</td>
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<td>Friday</td>
<td>Hold on to one end of the towel while your baby holds on to the other end. Play a gentle tug-of-war. Let your baby win by gently releasing the towel so they don’t lose balance.</td>
<td>Lie a towel on the floor and place your baby on top with their tummy down. Bring one side of the towel up, so they’ll be inclined to roll to the one side. Do this with the other side of the towel too.</td>
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<td>Saturday</td>
<td>Bounce your baby on a bed. As you bounce them, make silly and fun sounds like, “Whee!” or “Boing!”</td>
<td>Clap or smile when you see your baby achieve something. If others are around, encourage them to clap and smile too.</td>
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*If you’d like, do the daily activities repeatedly, and on other days too! Repetition is key for babies to learn and develop.*
Circle Painting

Your little artist will learn all about circles while making a beautiful piece of art! Great for ages 1.5 years and up!

What You Need:
- Paint
- Toilet Paper Rolls or Paper Towel Rolls
- Paper (white)
- Bowls (to hold different coloured paint)

Directions:
1. Have your little one help you squeeze a bit of different coloured paints into bowls.
2. Give your child a piece of white paper, a toilet paper roll, and the bowls of paints.
3. Show your little artist how to dip the toilet paper roll in the paint, and then press it onto the picture.
4. Let your little artist create their masterpiece!

Talking Points:
Talk to your little one about circles. Ask them what colour circles they are making, and sing them the shape song to the tune of Farmer in the Dell: “A circle is like a ball, a circle is like a ball, it goes round and round, it never stops, a circle is like a ball!”
Bubble Painting

Blowing bubbles is a great exercise for your toddler’s mouth muscles and can help develop their language skills earlier. This activity will combine bubble blowing and painting. Great for ages 2 years and up!

What You Need:
- Paint (non-toxic tempera or kids’ washable)
- Bubble solution & bubble wand (or equal parts glycerin, water, dish soap)
- Cardstock white paper
- Bowls (to hold bubble and paint mixture)

Directions:
1. In a bowl, add equal parts paint and bubble solution together and have your little one mix it.
2. Place a piece of paper on an outside table or somewhere outside that your little one will be comfortable.
3. Show your little one how you dip the bubble wand into the bubble paint and then blow bubbles onto the paper. Have your little one copy you.
4. Let dry!

Talking Points:
Recognizing colours and identifying colour names is an important part of your little one’s development as it helps them make distinctions among things they see. So, make sure to talk to your child about all the colours they are using to make their masterpiece.

Talk to your little one about how they are blowing on the wand - are they blowing soft or hard. Have them experiment to see which way makes better bubbles.
Puff Painting

Your little artist will enjoy seeing their picture 'grow'. Great for ages 2.5 years and up.

What You Need:
- 1 Cup flour
- 1 Cup salt
- 1 Cup water
- 1 1/2 tsp baking powder
- Bowl & whisk
- Cardstock or paper plate
- Squeeze bottles
- Paint (kids washable or tempera) or Food Colouring

Directions:
1. Have your little one whisk the flour, salt and water in a bowl until all the clumps are removed.
2. Divide the mixture and put in each squeeze bottle you have. Don't have a squeeze bottle, put the different coloured mixtures in different bowls.
3. Have your little one add several drops of paint/food colouring to each bottle to make the mixture as dark or light as they want.
4. Put on the lid and shake the bottle until well mixed.
5. Have your little one squeeze the paint mixture onto a piece of cardstock or paper plate to make a beautiful creation. Or if doing in bowls, have your little one mix the ingredients together and then paint the mixture onto a piece of cardstock.
6. Microwave for 10-30 seconds depending on how thick the puff paint was applied (the thicker the better).
7. Let the 'creation' cool down before letting your child touch their artwork.

Talking Points:
Talk to your little one about the different colours they are using to make their artwork.

Explain to your little one that they are doing a science experiment. Tell them that just like making a cake when you combine water, baking powder, and heat it releases a special gas called carbon dioxide gas. The gas tries to leave the puff paint when heated and when it does so, it produces bubbles that make the entire mixture rise.
Here are a couple of songs to sing to your little one...

**Pizza, Pickle, Pumpernickel**
Pizza, pickle, pumpernickel. My little one shall have a tickle.
One for your nose. One for your toes.
And one for your tummy for where the hot dog goes!

**Fe Fi Fo Fum (Fingerplay)**
Fe fi fo fum. Here are my fingers and here is my thumb.
Fe fi fo fum. Goodbye fingers and goodbye thumb.

**The Fish in the Sea (Scarf song)**
The fish in the sea go swish, swish, swish.
Swish, swish, swish. Swish, swish, swish.
The fish in the sea go swish, swish, swish. All day long.
Other verses: sand in the sea drifts down; the waves go up and down; the dolphins swim round and round