## Daily Baby Activities

<table>
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<th>Day</th>
<th>Activity</th>
<th>Tips</th>
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<tr>
<td><strong>Sunday</strong></td>
<td>When it’s time for your baby’s feeding, tell them, “It’s time to eat!” Try to say it each time they’re going to eat.</td>
<td>Open your kitchen cabinets and drawers with your baby and tell them what kind of food and cooking utensils are in there.</td>
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<td><strong>Monday</strong></td>
<td>Give your baby a non-breakable cup or a sippy cup to drink from. Encourage them to grasp the handles or to hold the cup with two hands.</td>
<td>Communicate with your baby while they are eating. Talk, or sing to them, so they are being entertained and distracted.</td>
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<td><strong>Tuesday</strong></td>
<td>While your baby is on your lap, sway them side to side, to the point of almost toppling them over, but bring them back to the centre of your lap.</td>
<td>Cut up some foods (if not already small, but safe enough for your baby to eat), like pieces of a banana. Place in front of your baby and encourage them to pick up the foods with their fingers.</td>
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<td><strong>Wednesday</strong></td>
<td>Place mashed up food on your baby’s high chair tray, or on a plastic plate in front of them. Let them explore the textures, tastes and smells.</td>
<td>If you’re feeding your baby with utensils, animate them. For example, make the spoon an airplane or a train that is heading towards your baby’s mouth!</td>
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<td><strong>Thursday</strong></td>
<td>Show your baby how you eat during meal times. For instance, spoon-feed yourself and encourage your baby to do the same.</td>
<td>Pour breast milk or formula into popsicle molds. Put them in the freezer. When it’s frozen, give the “momsicle” to your baby.</td>
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<td><strong>Friday</strong></td>
<td>With containers (or plastic measuring cups) of different sizes, show your baby how the smaller containers can fit into the bigger ones.</td>
<td>Give your baby a variety of teether or toys that are safe enough for your baby to chew on. See if they have a preference of texture or type of toy.</td>
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<td><strong>Saturday</strong></td>
<td>Open and close your hands in front of your baby, and point to their hands to encourage them to do the same.</td>
<td>Drop a toy in a metal bowl or a can, to make noise. Give a toy to your baby to encourage them to do the same.</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.*
Foot Bookmark

Turn your little one’s tiny foot into a cute bookmark to celebrate Grandparent’s Day on September 13th. Great for all ages.

What You Need:
- 1 piece of cardstock (any colour)
- Paint & paintbrush (a colour that will show up on the cardstock)
- Marker and paper (to write message)
- Glue

Directions:
1. Have your child pick out a piece of cardstock and a paint colour. However, make sure the options for the paint will show up on the piece of cardstock.
2. Paint your little one’s foot using a paintbrush.
3. Have your little one press their foot onto the piece of cardstock to make a footprint.
4. Let dry.
5. On another piece of paper write the following message, "When you are tired of reading your book, mark your place with my little foot! Happy Grandparent’s Day". If your child is able, have them write their own name and their age.
6. Glue the message onto the back of the cardstock with the footprint.

Talking Points:
If the grandparents don’t live very far away this is a great gift to give them in person. Even better you can have your child choose some books that their grandparents can read to them after they give them the gift. Although the grandparents probably won’t need the bookmark for the children books, it is a great opportunity to have the grandparent’s bond with their grandchild. Plus, any books read will count towards your child’s journey in the 1000 Books Before Kindergarten program.
Love You to Pieces Photo Frame

Your child will create an adorable keepsake. Great for ages 1.5 years and up, although younger children will need assistance.

What You Need:
- Cardstock
- Puzzle pieces (from a puzzle that is missing pieces)
- Marker & scissors
- Photo
- Piece of paper (optional)

Directions:
1. With your little one look for a nice picture together and print the photo out or get it developed.
2. On a piece of cardstock, cut out the shape of a frame. Make sure that the inside part of the frame is a little bit smaller than the size of the photo that you choose.
3. Write on a piece of paper or directly on the frame, the message, "Love you to pieces"
4. Glue the photo onto the back of the frame, and the message on the front of the frame.
5. Have your little one glue puzzle pieces onto the frame.

Talking Points:
Decades of research have shown that the more love and interaction a young child experiences in their early years, the more developed their brain will be. So, snuggle up with your little one as you create this special photo for a loved one, such as a grandparent. As you make it talk to your little one about why you love them and others in your life that you love.

Mail a Hug

During a time when your family might not be able to visit the grandparent’s or other family members, let them know you are still thinking of them by mailing a hug. Great for ages 1.5 years and up, although younger children will need assistance.

What You Need:
- Construction paper
- Glue & tape
- String
- Markers & pen
- Heart stickers (or cut out hearts from construction paper)

Directions:
1. On a piece of construction paper (any colour your child chooses), trace your child’s right hand and left hand, and then cut it out. Repeat for additional children in the household.
2. Draw a heart and then cut it out. On the heart write the following message, “Wrap these hands around you and press close to your heart. For when there is love we’re never far apart.”
3. Have your child stretch their arms out wide. Using a piece of string measure the approximate arm length of your child and cut the string to that length.
4. On each end of the string tape on a handprint. Repeat for other children.
5. Have your child pick out a piece of construction paper (any colour they choose,) and fold it in half.
6. Write on the front of the card “Sending a Hug” and have your little one put heart stickers all over it.
7. On the inside of the card tape down the middle of the string (with handprints attached) to the middle of the card and glue the heart with the message on it to the middle.
8. Have your child decorate the inside of the card with more hearts. If they are able have them write their name and age on the inside of the card.

Talking Points:
These unprecedented times have led to many loved ones seeing each other a lot less or having to see those they love from a distance. A hug has many healthy benefits, so sending a virtual hug to a grandparent or other person you love, might just cheer them up. While making this card remember to give your little one lots of hugs.

While your little one adds heart stickers to the cards, ask them what colour the hearts are, and how many they are going to add. Then count as they add the hearts.
Here are a couple of songs to sing to your little one...

**Pat-a-Cake**
Pat-a-cake, pat-a-cake, baker’s man. Bake me a cake as fast as you can. Roll it, pat it, mark it with a “B”, and put it in the oven for baby and me!

**Roll, Roll Sugar Babies**

**Acka Backa Soda Cracker**
Acka backa soda cracker, acka backa boo. Acka backa soda cracker, up goes you! (Lift baby in the air) Acka backa soda cracker, acka backa boo. Acka backa soda cracker, I love you! (Give your baby a squeeze)