## Daily Baby Activities

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
<th>Activity Description</th>
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<tr>
<td>Sunday</td>
<td>Hold your baby up with their feet on the ground, and with some music on,</td>
<td>Sing along to some catchy, baby-friendly music for your baby. For the songs they</td>
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<td>sway or move them to the music.</td>
<td>seem to like (by seeing them giggle and smile), play them again!</td>
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<td>Monday</td>
<td>Before you dress your baby, blow raspberries on various parts of their</td>
<td>Wherever your baby is while you are cooking (i.e. high chair, play pen), put some</td>
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<td>body (i.e. tummy, arms, cheeks, etc.)</td>
<td>music on. Dance or bob your head. See if your baby does the same.</td>
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<td>Tuesday</td>
<td>Give your baby a rattle or a noisy toy. Hold one as well and show your</td>
<td>Sit your baby on your lap and sway them back and forth. Sing “Row, row, row your</td>
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<td>baby how it makes noise (i.e. shaking it, rolling it, pressing button, etc.)</td>
<td>boat” as you sway them. (Note: see last page of document for lyrics).</td>
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<td>Wednesday</td>
<td>Give your baby junk mail or paper to rip up. Just make sure you take away</td>
<td>When preparing your baby for a nap or bedtime, put on some gentle music or sing them</td>
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<td>the small pieces.</td>
<td>a lullaby.</td>
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<td>Thursday</td>
<td>Get a wooden spoon and drum it on a plastic container. Then, give the spoon</td>
<td>Give your baby an empty plastic water bottle to play with. Make sure the lid is on</td>
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<td>and container to your baby to drum as well.</td>
<td>tight. They’ll have fun squeezing it and rolling it on the floor.</td>
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<td>Friday</td>
<td>Scrunch up scrap paper, then straighten it out. Scrunch it up again. Do</td>
<td>While sitting, put your baby on your knees and bounce them gently. Then, sing “Giddyap!”</td>
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<td>this several times, so your baby can hear the “scrunching” sound.</td>
<td>(Note: see last page of document for lyrics).</td>
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<td>Saturday</td>
<td>Put on some music and dance with your baby. At any moment, stop the music</td>
<td>As you go for walk in the neighbourhood with your baby, tell them what you hear, and</td>
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<td>and stop dancing. See if your baby stops dancing too.</td>
<td>if you can, point to where the sounds are coming from.</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.*
**B is for Bird**

Your little learner will get to practice learning their letter “B”. Great for ages 1.5 years and up.

**What You Need:**
- Construction paper (3 different colours)
- Feathers
- Marker, Scissors & Glue
- Googly eyes (optional)

**Directions:**
1. Draw a bubble letter “B” and cut it out. If your little one is able, have them cut the letter “B” out.
2. Have your little one glue the letter B on a different colour piece of construction paper.
3. On the last piece of construction paper, draw a beak and 2 bird feet. Cut them out or have your little one cut them out.
4. Have your little one glue the beak and bird feet onto the letter B, as well as, glue on the googly eye (or draw it on).
5. Have your little one decorate the letter B with feathers.

**Talking Points:**
Talk to your little one about the letter B. Ask (or tell) your little one other animals or things that start with the letter B. Tell them that the letter B makes a "buh" sound. Say “buh” a few times to emphasize the sound. And then sing the alphabet song.

On VPL’s database, [Kanopy Kids](https://www.ka.doc), watch the video, “The Little Bird and the Caterpillar” by Magnet Film.
Matching the Bird with its Feathers

Have your little once practice their colours, with this great colour matching activity. Great for ages 3 years and up.

What You Need:
- Assorted feathers (at least 12)
- Clothespins (at least 12)
- Cardstock paper (that matches the feathers)
- Googly eyes
- Glue, Marker, Scissors

Directions:
1. Match feathers to the cardstock paper to make sure that the paper and feathers match.
2. Have your child glue feathers onto clothespins (approximately 3 feathers/clothespins per bird).
3. Draw circles on the cardstock paper and cut it out. If your child is able, have them cut out the circles.
4. Draw little beaks, cut them out, and have your child glue a beak onto each circle. Have them also glue the googly eyes on too.
5. Let everything in steps 1-3 dry overnight.
6. Have your child clip the feathered clothespin onto the matching bird.

Talking Points:
Talk to your little one about all the colours they are seeing and ask them to name other things that are the same colour.

Take this activity a step further and have them use the feathered clothespins to create patterns on the wings (i.e. red, yellow, red, yellow). Or have them practice adding by having them add 4 feathers to one bird, 5 feathers to another bird, and 2 feathers to another.
Pinecone Birdfeeder

Your little one will enjoy getting their hands dirty in order to make a cute little birdfeeder to attract birds to their backyard. Great for ages 2.5 years and up.

What You Need:
- Pinecones
- Natural Peanut Butter
- Plastic bowl
- Popsicle stick
- Paper Plate or Tray
- String & scissors
- Bird Seed

Directions:
1. Go on a nature walk with your little one and collect some pinecones.
2. Put some natural peanut butter in a bowl with a popsicle stick, and on a paper plate (or tray) add some bird seed.
3. Have your child use the popsicle stick to cover the pinecone in peanut butter.
4. Once the pinecone is all covered in peanut butter, have them roll the pinecone in the paper plate filled with bird seed until the pinecone is covered in bird seed.
5. Cut a piece of long string so it can be strung around the top of the pinecone and then hang from a branch in a tree.
6. Repeat steps 1-5 to make more pinecone birdfeeders.
7. Hang the pinecone birdfeeders for the birds to enjoy.

Talking Points:
Talk to your little one about the texture of the peanut butter (sticky, soft, smooth) and the texture of the bird seeds (hard, rough). Also tell them that birds like to eat seeds, insects, and worms.

Once the bird feeder is outside, wait until you see a few birds and then have your child sit with you so you can watch the birds enjoy the birdfeeder together. If you can, identify some of the simple types of bird (i.e. American Robin, House Sparrow, Black-capped Chickadee).
Here are a couple of songs to sing to your little one...

**Row, Row, Row Your Boat**
Row, row, row your boat. Gently down the stream.
Merrily, merrily, merrily, merrily. Life is but a dream.

**Giddyap! (Bounce child on knee or lap)**
Giddyap, giddyap, ride to town.
Giddyap, giddyap, up and down.
Giddyap fast. Giddyap slow.
Giddyap, giddyap, giddyap, WHOA!

**Did you ever see a...**
Did you ever see a monkey, a monkey, a monkey,
Did you ever see a monkey, swing this way and that?
Swing this way, Swing that way, Swing this way, Swing that way.
Did you ever see a monkey, swing this way and that?
Other verses: a fishy swim this way and that; a green frog hop this way and that