# Daily Baby Activities

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<th>Day</th>
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<td>Sunday</td>
<td>While your baby is on their tummy, wave a scarf or a towel over their head. See if they lift their head and inch upwards to try and grab it.</td>
<td>As you’re cooking, have your baby smell some of the lightly scented foods and spices that you are using, and tell them what they are.</td>
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<td>Monday</td>
<td>While your baby is sitting, hold a toy just out of their reach, and encourage them to crawl to it.</td>
<td>Bounce your baby on a bed. As you bounce them, make fun and silly sounds, like “Boing!” or “Wheee!”</td>
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<td>Tuesday</td>
<td>Use items from your home to make different sounds for your baby, such as crumpling up paper, or banging a bottle on the table. Give the items to your baby to make sounds too. In front of a window, tell your baby everything that is happening outside (i.e. “Look at the rain falling down”, “Look at the boy riding his bicycle”, “Look at the blue car driving by.”)</td>
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<td>Wednesday</td>
<td>In front of a mirror, make silly faces and sounds with your baby, such as puckering your lips and making kissy sounds, or smacking your lips. See if your baby copies you.</td>
<td>Build a tower with blocks or containers with your baby. Roll a ball to knock the tower over. Build the tower again and encourage your baby to knock the tower over with the ball.</td>
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<td>Thursday</td>
<td>Clap and smile when you see your baby achieve something. If there are others around, encourage them to clap and smile too.</td>
<td>Describe to your baby the toys they are playing with, such as, “That’s a big, green ball” or “That’s a small, soft teddy bear.”</td>
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<td>Friday</td>
<td>Drop a toy in a metal bowl or can, to make a noise. Give a toy to your baby to encourage them to do the same.</td>
<td>Hide behind a wall or a door for several seconds. While hiding, ask, “Where’s [Baby’s name]”, then come out and say, “There you are!”</td>
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<td>Saturday</td>
<td>Put some towels and pillows in a laundry basket or box. Then, sit your child in it, and push the basket or box around your home.</td>
<td>Wash your baby’s hands before and after their meals and diaper changes. Let them know that it’s important to wash up!</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.*
Alphabet Sorting with Stickers

Alphabet sorting is a great activity for your little learner who is starting to recognize and take an interest in letters. Great for your older toddler or preschooler.

What You Need:
- Alphabet stickers
- Piece of paper
- Crayon, marker, or pen

Directions:
1. On a piece of paper, write the alphabet in both capital and lower-case letters.
2. Give your child the alphabet stickers and tell them to match the stickers to its corresponding letter.

Talking Points:
Talk to your little one about letters, the colour of the letter, as well as, any animal or object that starts with that letter.

Want to take it a bit further with your older preschooler, tell them the sound each letter makes.
Butterfly Mosaic Art

Mosaic art is a great way for your little artist to get creative while practicing their fine motor skills. Great for toddlers or preschoolers.

What You Need:
- Different coloured paper
- Scissors
- Glue
- Marker

Directions:
1. On one piece of paper draw an outline of a butterfly and give to your child.
2. Depending on the age of your child, you can either give your toddler cut up pieces of coloured paper, or for your preschooler give them paper and child-friendly scissors so they can cut up their own pieces.
3. Have your child glue small pieces of coloured paper onto the butterfly wings.

Talking Points:
Talk to your child about the colours of each piece of paper, the feel of the paper, and the stickiness of the glue. You can also talk to your child about butterflies, with facts such as:
- Butterflies are insects
- Butterflies have many different sizes and colours
- Butterflies cannot fly if their body temperature gets too cold
- They have four lifecycles egg, larva (caterpillar), pupa (chrysalis), adult (butterfly)

You can also do this activity with other animals or shapes - it doesn't have to be a butterfly. If your little one is learning shapes, then do an outline of a circle, triangle, etc. If your little one really likes trains, do an outline of a train! The possibilities are endless!
Sensory Board

Fun activity for your little scientist to discover new textures and objects. Great for babies and toddlers.

What You Need:
- Poster board (or a piece of cardboard)
- Glue (preferably hot glue or super glue, or whatever is the strongest adhesive you have)
- Scissors
- Sensory items such as feathers, pom poms, tissue paper, popsicle sticks, foam, pipe cleaners, aluminum foil, cotton balls, sandpaper, straws, glitter straws, etc.

Directions:
1. On a poster board, glue down different sensory items that you have at home.
   Make sure that the items are really glued down, as little children are great at pulling things apart.
2. Give to your little one to explore.

Please note small objects can be a choking hazard for children. Always watch your little one when they play with a sensory board to ensure material does not get ripped off and placed in their mouth.

Talking Points:
Talk to your little one about the different items they are touching, and the different colours on the sensory board. Tell them other things that are the same colour they are touching. Also, talk to your little one about the texture—is it rough, soft, fluffy, bumpy, fuzzy, sticky, crinkly, scratchy, hard, etc.
Here are a couple of songs to sing to your little one...

**Tiny Tim**
I had a little turtle. His name was Tiny Tim.
I put him the bathtub to see if he can swim.
He drank up all the water (glug, glug, glug, glug).
He ate up all the soap (yum, yum, yum, yum).
And now he’s home sick in bed, with bubbles in his throat.
Bubble, bubble, bubble. Bubble, bubble, pop. (x2)

**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.

**I’m in the Mood for Singing!**
I’m in the mood for singing. Hey, how about you?
I’m in the mood for singing. Hey, how about you?
I’m in the mood for singing, singing along with you.
Hey, hey, what do you say? I’m in the mood for that today.
Hey, hey, what do you say? I’m in the mood for that!