# Daily Baby Activities

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<th>Day</th>
<th>Activity</th>
<th>Example</th>
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<td>Sunday</td>
<td>At night, talk to your baby about what you both have done throughout the day (i.e. “We had breakfast, then played peek-a-boo...”)</td>
<td>Say a word or sound that you think your baby has not heard. Repeat it a few times. See if your baby attempts to say the word or imitate the sound.</td>
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<td>Monday</td>
<td>Go around your home looking for items that start with each letter of the alphabet. Tell your baby the letter and name of that item.</td>
<td>When talking to your baby, ask them questions like, “Where are the toys?” Pause and look at them to see if they’ll respond or babble back.</td>
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<td>Tuesday</td>
<td>When your baby babbles or makes a sound, imitate them, including their gestures.</td>
<td>Browse through a picture book or a magazine with your baby. Tell them about the pictures you see on each page.</td>
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<td>Wednesday</td>
<td>Repeat one to two syllable words to your baby, such as “mama” or “dada”. Put your face close to them as you’re saying the words, so they can see your mouth forming the shapes.</td>
<td>Do various actions in front of your baby, and teach them how to do them until they get the hang of it, like clapping their hands or doing peek-a-boo with their hands.</td>
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<td>Thursday</td>
<td>With a small, clean paintbrush (or a makeup brush), stroke different parts of your baby’s body and tell them which part you are stroking.</td>
<td>Record your baby on your phone and show them the video afterwards. Tell them that it’s them on the phone and describe to them what they are doing.</td>
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<td>Friday</td>
<td>When you’re outside with your baby, point to the trees. Describe them, and the leaves, to your baby, especially what colours they are.</td>
<td>Roll up a sheet and tape it together to make a cone. Then, make various sounds for your baby. Give the cone to your baby to make sounds too.</td>
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<td>Saturday</td>
<td>Go around your home and find items with words on them (i.e. cereal boxes, book covers). Tell your baby what the words say and what the items are.</td>
<td>Bring your baby to different rooms in your home. In each room, tell your baby about the things in there with descriptive details (i.e. “This is a big, brown kitchen table”).</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.*

[www.vaughanpl.info](http://www.vaughanpl.info)
**L is for Leaf**

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

**What You Need:**
- Construction paper (1 piece)
- Leaves
- Marker, Scissors & Glue
- Bucket or bag

**Directions:**
1. Give your child a small container or bucket. If it has handles, even better!
2. Tell your child that it is time for a nature walk to collect different leaves they find on the ground.
3. Go on the nature walk. Your little botanist will love picking up the leaves.
4. Once home, draw a bubble letter “L” and cut it out. If your child is able, have them cut the letter “L” out.
5. Have your child glue leaves they found on their walk on the letter “L”.

**Talking Points:**
Talk to your little one about the letter L. Ask (or tell) your little one other things or animals that start with the letter L.

Talk to your little one about all the different colour leaves that they found. Let them know that in Canada we have four seasons, and one of the seasons is Fall/Autumn. In Fall, some trees will have their leaves change colour and fall off because the tree is getting less light and is preparing for the cold winter months where it will go dormant (which is like a long nap until it gets warm).
Leaf Lacing

Your little learner will get to work on their fine motor skills. Great for ages 2 years and up.

What You Need:
- Card stock
- Shoelace, Yarn, or String
- Marker & Scissors
- Hole punch

Directions:
1. Draw a large leaf onto a piece of cardstock. If your child is able, have them cut the leaf out.
2. Using the hold punch, punch holes around the edge of the leaf cut-out.
3. Around one of the leaf holes, tie one end of the shoelace into a knot.
4. Give to your child and let them practice their lacing skills.
5. When they are done, have them run outside with their leaf trying to get it to fly in the breeze.

Talking Points:
Talk to your little one about the colour of both the string and leaf they are using. Ask them what their favourite colour is and if they have ever seen a leaf that colour.

Try doing this activity with real leaves that your child finds outside. Is this easier or harder for your child. Experiment with different size leaves.
Leaf Monsters

Your little learner will get to explore the great outdoors and discover all the great things you can do with a leaf. Great for ages 2.5 years and up.

What You Need:
- Leaves
- Paint (preferably kids washable or finger paint)
- Glue
- Googly eyes
- Paper plate or plastic dish (to put paint on)
- Bucket or bag

Directions:
1. Give your child a small container or bucket. If it has handles, even better!
2. Tell your child that it is time for a nature walk to collect different leaves they find on the ground.
3. Go on the nature walk. Your little botanist will love picking up the leaves.
4. Once home, put some different coloured paint on a paper plate, and have your child paint the leaves using their fingers.
5. Let dry
6. Have your little one glue googly eyes onto the leaves, and let it dry again.

Talking Points:
Talk to your little one about all the leaves they find. Ask them which leaves are big and small. Also, ask them about the feel of the paint on their fingers, and the paint colours. For older children, have them use construction paper to make arms, legs, hats and mouths for their leaf monsters.

On VPL's database, Kanopy Kids, watch the video, “Fletcher and the Falling Leaves” by Magnet Film.
Here are a couple of songs to sing to your little one...

**Mmm Ah Went the Little Green Frog**
Mmm ah went the little green frog one day. Mmm ah went the little green frog.
Mmm ah went the little green frog one day, and they all went mmm mmm ah!
But... we know frogs go ladidadida, ladidadida, ladidadida,
We all know frogs go ladidadida. They don’t go mmm mmm ah!
*Other verses: bloop bloop went the little orange fish... but we know fish go kissy kissy kiss; grr grr went the big brown bear... but we know bears go huggy huggy hug.*

**Bumping Up and Down in my Little, Red Wagon**
Bumping up and down in my little, red wagon. Bumping up and down in my little, red wagon.
Bumping up and down in my little, red wagon. Won’t you be my darling. *(Bounce baby)*
One wheel’s off and the axle’s broken. One wheel’s off and the axle’s broken.
One wheel’s off and the axle’s broken. Won’t you be my darling *(Sway baby)*

**Zoom Zoom Zoom**
Zoom, zoom, zoom, we’re going to the moon. Zoom, zoom, zoom, we’re going to the moon.
If you want to take a trip, climb aboard my rocket ship.
Zoom, zoom, zoom, we’re going to the moon.
In 5, 4, 3, 2, 1, blast off!
*Other verses: far, far, far, we’re going to the stars; fun, fun, fun, we’re going to the sun*