

Daily Baby Activities

Sunday	In a dark room, shine a flashlight on various objects. Tell your baby what these objects are.	While you and your baby are on your tummies, read them a book or something with pictures and text.
Monday	Have your baby sit with your family during mealtimes. Offer them small, mashed up pieces of what you are eating (if they are old enough).	Secure your baby in a baby swing at the playground and push them gently. Push your baby while facing them, then try pushing them from behind.
Tuesday	Hold your baby in a variety of positions and see which ones they prefer and which ones they dislike. Some positions include, holding them outward, on your side, etc.	Make a hammock out of a blanket with you holding one end and someone else holding the other end. Place your baby in and sway them gently and close to the ground.
Wednesday	Direct your baby's hands to your face. Allow them to explore your different parts and tell them what each part is.	Make a path of toys, or intriguing new items, and spread them out. Encourage your baby to crawl to each one to explore.
Thursday	Give your baby two toys - one for each hand. Give them a third toy. See if they'll trade, drop or manage to hold all three in some way.	As you watch your baby play with their toys, join in and play with the toys the same way that they are playing with them.
Friday	Create a tunnel with your legs. Spread out wide enough for your baby to crawl through.	Hold a toy above your baby's head and encourage them to raise their arms to try and grab it.
Saturday	When changing your baby's diaper, tell them, "Very stinky!" After changing them, say, "All clean! You smell nice!"	Give your baby something large enough that they would need two hands to grab or hold on to, such as a pillow, a beach ball, or a stuffed animal.

**If you'd like, do the daily activities repeatedly, and on other days too! Repetition is key for babies to learn and develop.*

Let's Make Words!

Your little learner will get to practice their letters while you help them to spell. Great for ages 3 years and up!

What You Need:

- Construction Paper
- [Alphabet Paper Squares](#) (or letters cut out of old magazines)
- Glue
- Stickers or cut out pictures of items (optional)



Directions:

1. Give your little one a piece of construction paper and a whole bunch of alphabet paper squares.
2. Ask your little one what word they want to spell.
3. Help them sound the word out and find each letter.
4. Have them glue the letters onto the piece of construction paper to make the words.
5. If you choose, place a sticker of the item beside the word (for example, if they spell boat, have them stick a boat sticker beside the word).

Talking Points:

Talk to your little one about what words they want to spell and why. Help them spell the words by sounding out the word.

For younger children, you can have them just glue some letters onto a piece of paper and as they do so, tell them what letter it is. Or if they know some letters, you can have them search for a specific letter and then glue it onto the page.

Garden Soup

Your little chef will make a delicious soup using items they collect on a nature walk. Great for ages 2 years and up!

What You Need:

- Pot and spoon
- Nature items (i.e. pinecones, leaves, sticks, flowers, etc.)
- Small bag or bucket
- Small plastic bowls and spoons (optional)

Directions:

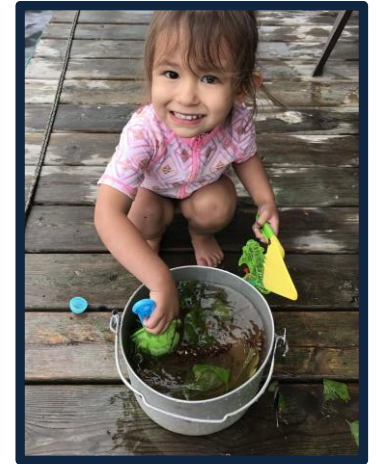
1. Give your child a small bag or bucket and take them on a nature hunt.
2. Have them collect as many items as they want. The more colours and variety of plants the more exciting the soup will look to your child.
3. Once home, give your child a big pot of water and a spoon.
4. Have your child add the nature items to the pot and mix them in to make soup.
5. Optional - have your child serve you the delicious soup they made in a bowl.

**ensure your child knows this is pretend soup and should not actually be eaten.*

Directions:

Talk to your little one about what items they want to collect on the nature walk for their 'soup'. Encourage them to get a variety of items, and if you know the name of the item or flower, tell your little one.

Once your little one is making the soup, ask them what kind of soup they are making - for example, are they making vegetable soup, or minestrone soup?



Ice Age Dig

Your little archeologist will go on an ice age dig to find all the little toys hidden in the frozen block of ice. Great for ages 3 years and up!

What You Need:

- Plastic container & small plastic toys
- Bowls & spoons
- Spray bottle, small syringes, water guns, or small watering can
- Course Salt
- Food colouring



Directions:

1. Find some small plastic toys around the house that you can put in a small plastic container.
2. Fill the plastic container with water and put the toys inside it.
3. Put in freezer for 24 hours (or until the next hot day).
4. In a small bowl, have your little one mix course salt with food colouring to desired darkness. You can choose to do one colour, or repeat using different colours in different bowls.
5. Take the plastic container filled with frozen water and toys from the freezer and remove the frozen block of ice from the plastic container.
6. Find a comfy place outside where the kids can make a mess with water, salt, and food colouring.
7. Show your little one how they will put the salt on the frozen block of ice and then spray the coloured salt with spray bottles to melt the frozen block of ice to retrieve the toys.
8. Hand the supplies over to your little one and let them have some fun!

Talking Points:

Talk to your little one about the different colours they are using to melt the block of ice. Ask them what toy they want to dig up and why. Explain to them in simple terms, that when adding salt to ice it helps the ice melt faster because it lowers the freezing point of the water.

Here are a couple of songs to sing to your little one...

Do You Know that I Love You? (Tune: Do You Know the Muffin Man?)

Do you know that I love you, that I love you, that I love you?

Do you know that I love you, so I give you a great big hug!

Other verses: Give you a great big kiss; Lift you up in the air, Whisper I love you!



A Hippopotamus got on a City Bus (*Bounce baby on your lap*)

A hip, a hip, a hippopotamus, got on, got on, got on the city bus,
and all, and all, and all the people said, "You're squishing me!" (*Give baby a squeeze*)

A sheep, a sheep, a sheep got on the bus,
and all, and all, and all the people said, "Baaack up!" (*Lean back with the baby*)

A cow, a cow, a cow got on the bus,
and all, and all, and all the people said, "Mooove over!" (*Lean to one side with the baby*)



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)

