

Daily Baby Activities

Sunday	If you have holiday decorations around your home, look at them with your baby and tell them what they are.	Go through the pictures you took with your baby this year. Tell them about the picture (i.e. who's in it, where it was taken, etc.)
Monday	Show your baby how to unwrap gifts, then give them a few gifts to unwrap themselves.	Place your baby's hands and feet in washable paint, then stamp their hands and feet on white or brown wrapping paper for decorating a gift.
Tuesday	Make a holiday sensory board by gluing holiday decorations and items (i.e. bows, tinsel) on it. Then, place the sensory board on the ground for your baby to touch and explore.	Countdown to midnight (or before your baby's bedtime and pretend it's midnight) from 10 to 1. Show your baby excitement as you're counting down, then give them a big kiss and hug!
Wednesday	At midnight (or before your baby's bedtime) on New Year's Eve, blow bubbles, throw confetti and tell your baby, "Happy New Year!"	Encourage your baby to stick holiday bows on the bottom side of a paper plate. Then, place the plate on your head and tell them, "It's a silly holiday hat!"
Thursday	When preparing your baby for a nap or bedtime, put on some gentle holiday music.	After everyone's unwrapped the gifts, give some wrapping paper to your baby to explore, rip up, etc.
Friday	Attach some bells to your baby's socks or shoes and encourage them to move or shake their feet so they can hear the bells jingling!	Place battery-powered holiday lights in a plastic jar. Make sure the lights are on before you seal the jar. Then, give the jar to your baby to look at.
Saturday	Hold a cup and encourage your baby to hold their bottle or a sippy cup. Then, clink your cup with theirs, and say, "Cheers!"	Tie a ribbon to a plastic ornament and dangle it in front of your baby while they are on their tummy. Encourage them to reach for the ornament.

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

Disappearing Candy Cane Stripes

Your little one will be amazed as they see the candy cane stripes disappear. Great for ages 3 years and up.

What You Need:

- Candy canes (2)
- Hot water
- Bowl

Directions:

1. Fill a bowl with hot water.
**It does not have to be boiling, but it does have to be hot. Hot water can burn your little one, so proceed with extra caution.*
2. Give your little one 2 candy canes to explore.
3. Have your little one put one of the candy canes in the water - be mindful of little hands and hot water.
4. Watch as the red candy cane stripes disappear.

Talking Points:

Talk to your little one about the candy canes - how they feel (hard, smooth) and what they look like (red, white, curvy).

Before your little one puts it in the water ask them what they think will happen. Tell them that what they are guessing is called a prediction (or hypothesis). Afterwards ask them if their prediction was right or wrong.

Afterwards have your little one taste the two candy canes to see if they still taste the same. Let them know that candy canes are made of sugar, and when sugar is placed in water, the sugar dissolves. Let them know if you kept the candy cane in hot water for a long time it would disappear completely!



Ice Ornaments

These tree ornaments are easy to make and look beautiful hung from a tree in your neighbourhood.
Great for ages 2 years and up.

What You Need:

- Water
- Muffin Tin
- String
- Stuff from nature (evergreen branches, pinecones, holly, acorns, etc.)

Directions:

1. Take a nature walk and collect some twigs, pinecones, holly, acorns, etc., that you find on your walk.
2. Once home, have your little one put the stuff from nature into each individual muffin cup.
3. Add water to each cup and push down any items that stick out and arrange them however you think looks nice.
4. Cut a piece of string about 1 foot in length.
5. Stick the two cut ends of the string into the water and make sure they are deep in the water (this is the string to hang it in the tree so it needs to be frozen enough that it won't fall off when hung up).
6. Place your muffin tin in the freezer or outside (if below freezing). Let freeze overnight.
7. Once frozen, remove the ornaments by running the bottom of the muffin tin under warm water so you can pop out the ornaments.
8. Bring the ornaments outside to hang in a tree.



Talking Points:

Talk to your little one about everything you collect on the nature walk. Discuss the textures and colours.

Talk to your little one about the Winter Solstice (December 21) and how it signifies the official start to winter.

Borrow the book [The Shortest Day](#) by Susan Cooper from [Vaughan Public Libraries](#).

The Grinch's Growing Heart

In this fun and easy science experiment, watch the Grinch's heart grow! Great for ages 2.5 years and up.

What You Need:

- Baking soda
- Vinegar
- Plastic bottle
- Green Balloon
- Markers

Directions:

1. Start by making the heart. Blow up your balloon, but instead of tying it shut, twist the bottom and tape it to a surface. Use a marker to draw a heart. Sharpies work great!
2. Grab your empty water bottle (1 litre or smaller). Pour about half a cup of vinegar into the plastic bottle.
3. Add 2-4 teaspoons of baking soda into the balloon. Secure your balloon to the mouth of the bottle.
4. Now slowly lift the balloon and let the baking soda fall into the vinegar below.
5. Watch as the Grinch's heart grows!



Follow along with our instructional video!

<https://youtu.be/kmzHQ1x2KJc>

Talking Points:

Talk to your little one about shapes. Show them on the round circular balloon that a heart is drawn on it. Ask them if they can find or think of anything else that is shaped like a circle or a heart.

Explain to your little one, that the reason the balloon inflated was because a chemical reaction occurred which produced a gas called, carbon dioxide. This gas filled the balloon up.

Borrow the book [How the Grinch Stole Christmas](#) by Dr. Seuss from [Vaughan Public Libraries](#).

Fizzing Christmas Tree

*Your little scientist will love all the steps involved in making their Christmas Tree fizz away.
Great for ages 2 years and up.*

What You Need:

- 1/2 cup water
- Vinegar
- Water bottle (or syringe)
- Green food dye
- Silicone Christmas tree mold
- 1 tbsp dish soap
- Baking soda
- 2 bowls
- Spoon
- Paint & paintbrush

Directions:

1. In a bowl, mix the water with a few drops of green food dye and dish soap. Try not to foam bubbles.
2. Slowly add 1 cup of baking soda until you have a sticky and slightly runny paste (but not too runny) - just enough fluidity so it can fill the mold.
3. Pour into the tree molds and place in the freezer overnight.
4. Once frozen, remove the trees from the molds and while still frozen have your little one paint the trees. It won't melt fast, but still try not to spend too much time on this step.
5. In a spray bottle or syringe add vinegar.
6. Place the painted Christmas Tree on a baking tray and have your little one spray it to watch the Christmas tree start to fizz.



Talking Points:

Talk to your little one about the paint colours they are choosing and why they choose those colours. Explain to your child, that the reason the tree is fizzing is because a chemical reaction just occurred. When an acid (in this case, vinegar) and a base (baking soda) mix they form a gas called carbon dioxide.

Borrow the book [Red & Lulu](#) by Matt Tavares from [Vaughan Public Libraries](#).

Christmas Counting

Print this page and have your little one count all the Christmas items and write the number. Great for ages 3 years and up.



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



Snowy Pokey (Tune: Hokey Pokey)

You put your right mitten in. You take your right mitten out.
You put your right mitten in, and you shake it all about.
You do the snowy pokey and you turn yourself around.
That's what it's all about!
Other verses: left mitten, scarf, hat, right boot, left boot

I'm a Little Snowman

I'm a little snowman, look at me.
Here are my buttons, 1, 2, 3.
Here are my eyes and this is my nose.
I wear a hat and scarf, brrr, it's cold.



Happy New Year (Tune: O My Darling Clementine)

Happy New Year, happy New Year,
happy New Year to you all.
We are dancing, we are singing,
happy New Year to you all!