

Daily Baby Activities

Sunday	Place a nursing pillow or roll a towel for underneath your baby's chest to lie on. This will help them lift their head and look around.	While your baby is on their tummy, wave a towel or a scarf over their head. See if they'll lift their head and inch upwards to try and grab it.
Monday	Lie on the floor and hold your baby above you. When you raise them, say, "Up", and when you bring them back down, say, "Down".	While your baby is on their tummy, show them a toy and move it near their shoulder. See if they'll roll to their side or reach out to grab it.
Tuesday	While your baby is on their tummy, gently massage their back and talk to them.	While you and your baby are on your tummies, read them a book or something with pictures and text.
Wednesday	Lie your baby with their tummy across your arms and walk around your home and talk to your baby about what you see in each room.	Pour some water in a tray and place it in front of your baby while they are on their tummy. Encourage them to lift up and splash their hands in the water.
Thursday	Place your baby's tummy on a yoga ball or a beach ball. Then, roll them gently back and forth and side to side.	Blow on your baby's tummy and tell them, "I'm going to blow on your tummy!" Repeat on other body parts too.
Friday	Lie on the floor and encourage your baby to crawl to you. If they need encouragement, reach out to them and say, "Come to me!" Once they're close enough, give them a big hug!	Lie a towel on the floor and place your baby's tummy on top. Bring one side of the towel up, so they'll be inclined to roll or sway to the one side. Do this with the other side of the towel too.
Saturday	After you undress your baby, place your baby's bare tummy on a soft blanket or a towel. Describe how the towel or blanket feels ("This is soft.")	While lying on your back, place your baby on top of you with their chest against your chest. Encourage them to lift up and look at you by talking to them.

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

Rainbow Collage

This activity will help your little mathematician learn to sort colours. Great for ages 2.5 years and up.

What You Need:

- Cardboard - the bigger the better
- Scissors
- Paint (Red, orange, yellow, green, blue, purple)
- Paint brush
- Glue
- Different coloured items (to match paint colours). For example, feathers, scraps of construction paper, stickers, pom poms, tissue paper, pipe cleaners, etc.



Directions:

1. Paint a large rainbow onto a piece of cardboard. Once dry, cut it out.
2. Gather different coloured items in the house that your child could use to glue to the rainbow. Make sure that the items you find match the colours of the rainbow.
3. Have your little one glue the items onto the rainbow. Encourage your little one to put the different coloured items onto the part of the rainbow that is the corresponding colour. For example, the red pom pom would go on the red part of the rainbow.

Talking Points:

Your little one will be able to understand colour long before they are able to name the individual colours. In this activity, make sure to name the colour of each object that your little one picks up to put on the rainbow or if they are older ask them what colour it is. Also, ask them what other items are the same colour and what their favourite colour is.

Borrow the book [A Rainbow of My Own](#), by Don Freeman from [Vaughan Public Libraries](#).

Exploring Water Colour

This activity is great for your little scientist as it will help them practice identifying colours and learning about colour mixing. Great for ages 2 years and up.

What You Need:

- 3 Containers (such as clear jars, clear plastic containers, or test tubes)
- Food Colouring (multiple colours)
- Water
- Towel or mat (for cleaning up the mess)

Directions:

1. Fill 2 containers halfway with water.
2. Add a few drops of one colour of food colouring to one container, and a few drops of another colour of food colouring to the other container.
3. Let your little one pour the colours into the third container to make a new colour.
4. Repeat with other colour combinations

Some possible combinations to try:

- Red + Yellow = Orange
- Orange + Blue = Brown
- Red + Blue = Purple
- Yellow + Blue = Green
- Purple + Green = Brown

Talking Points

Recognizing colours and identifying colour names is an important part of your little one's development, as it helps them make distinctions among things they see. So, make sure to talk to your child about all the colours that are being used, and explain to them the concept of colour mixing to make new colours.

Borrow the book, [*Mix It Up!*](#), by Herve Tullet from [Vaughan Public Libraries](#).



Paint Like Jackson Pollack

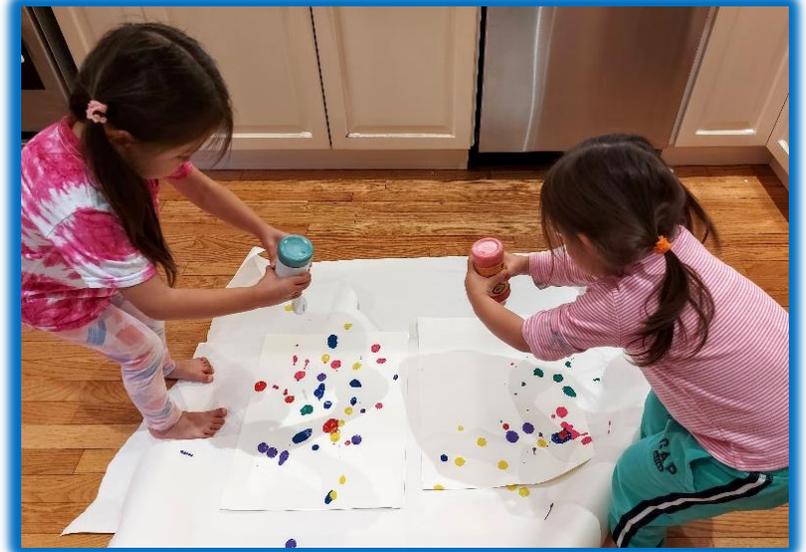
Your little artist will learn all about the drip-style painting technique of the iconic and influential painter, Jackson Pollock. Great for ages 1.5 years and up.

What You Need:

- Large piece of white paper
- Newspaper
- Paint (washable)
- Paint brush, sticks, squeeze bottles filled with paint etc.

Directions:

1. In an open space, place lots and lots of newspaper down. This will be to help contain the mess.
2. Place the large piece of white paper in the middle.
3. Give your little one paint brushes, sticks and/or, squeeze bottles filled with paint and let your little one drip paint all over the white paper (their canvas).
4. When your little one is done, the artwork is done.
5. Let dry.



Talking Points:

Talk to your little one about different art styles (drip technique, pointillism, collage etc.). Ask your little one what they want to name their artwork.

On VPL's database, [TumbleBook Library](#), watch the video, [Art's Supplies](#) by Chris Tougas.

Borrow the book, [The Artist Who Painted A Blue Horse](#), by Eric Carle from [Vaughan Public Libraries](#).

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



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!

Round and Round the Garden

Round and round the garden, like a teddy bear. (*Rub baby's tummy*)
One step, two step. (*Crawl up baby's arm*)
Tickle you under there! (*Tickle under baby's chin*)



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, "Moove over!" (*Lean to one side with the baby*)