

Daily Baby Activities

Sunday	Squeeze a squishy toy in front of your baby. Then, give them the toy and see if they'll squeeze it too. Let them explore the toy with their hands and mouth.	Fill a bottle with water, confetti, glitter, etc. Close it with a lid. Show your baby how to shake the bottle, so they can see pieces slowly moving in the water. Give the bottle to your baby to explore.
Monday	Make a tent out of a blanket for you and your baby. Tell your baby various phrases, such as, "It's dark in here" or "Shh... we're hiding!"	Place your hands under your baby's underarms. Guide them to a standing position and encourage them to walk a few steps. Count each step.
Tuesday	Fill a large bucket with water and bring it outside. Have your baby splash your hands, and if it's a hot day, gently splash them.	In front of a mirror, point to your baby and say their name. Then, point to different body parts, and say, "This is [Baby's name] [body part]".
Wednesday	Count your baby's fingers and toes and point to each one that you count. Count them again, but this time, kiss or tickle each one.	In a dark room, turn on a flashlight or a lamp and make shadows with your hands. Encourage your baby to make shadows too.
Thursday	Lay your baby on their back and lay beside them. Talk to them. See if they move their head or roll over completely to see you.	Face your baby and make silly faces (i.e. sticking out your tongue). See if your baby laughs or tries to imitate you.
Friday	While holding your baby, dance at different paces. With a slow song, dance slowly with them. With a faster song, dance faster.	Put a sticker somewhere on your body. When your baby touches it or tries to grab it, tell them what body part the sticker is on.
Saturday	Play "airplane" with your baby by resting their tummy on your arm (similar to holding a football) and "fly" them around.	While your baby is on their tummy, massage their back and gently talk to them. Praise them for the movements they do (or try to do).

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

Painting with Toy Vehicles

Your little artist will love making an abstract art piece using their toy vehicles. Great for ages 1 and up!

What You Need:

- Washable Paint
- Paper
- Toy trucks or cars
- Plastic plates (one per paint colour) - optional

Directions:

1. On the plastic plates add the different paint colours. You may also choose not to use the plastic plates, and instead pour the paint onto a section of the paper sheet.
2. Give your child the plates of paint, the piece of paper, and some toy vehicles.
3. Let them create their masterpiece.

If you only have 8.5x11 inch paper, then use smaller vehicles. If you have a big sheet of paper, you can use small vehicles or let them explore with larger vehicles.

Talking Points:

Talk to your little artist about all the different colours they are using. When they roll one colour over another colour, explain to them how it makes a new colour (and show them the new colour).

Talk to your little one about transportation - what type of vehicle they are 'driving' through the paint, what sounds they make (vroom vroom, honk honk), and the colour of the vehicle.



Letters Rock!

Your little geologist will collect rocks that can then be used to teach them about letters! Great for ages 2.5 years and up!

What You Need:

- Rocks
- Small container or bucket (to collect and hold rocks in)
- Chalk (don't have any? Use the recipe from "[Week of May 31st - page 2](#)")

Please note small objects can be a choking hazard for children.



Directions:

1. Give your child a small container or bucket. If it has handles, even better!
2. Tell your child that you are going on a nature walk to collect small, but not too small, of rocks. Show your child an example of a good size rock to collect.
3. Go on the nature rock. Your little geologist will love picking up the rocks.
4. Once back home, draw letters on the sidewalk. If your child can (or there is an older sibling), have them write the letters.
5. Have your little one trace the letters using rocks.

Talking Points:

Talk to your little geologist about the rocks they are collecting - their size, colour and texture (rough, smooth, hard, etc.). Warning - the walk might take up a good portion of the day, as your little geologist will pick up many rocks, and will also become an entomologist as they study the many small insects on the ground.

Also, talk to your little one about letters, what other things start with the same letter, and what sound each letter makes.

Shape Recognition with Stickers

Great sorting activity for your toddler or preschooler, who is starting to recognize their shapes. Great for ages 2 years and up!

What You Need:

- Small stickers
- Piece of paper
- Crayon, marker, or pen

Directions:

1. On a piece of paper, draw some shapes.
2. Give your child the stickers and tell them to place the stickers on the line to complete the shapes.



Talking Points:

Talk to your little one about shapes, how many sides the shapes have. You can sing the shape songs to them, which is found in the document, "[Week of June 7th - page 9](#)".

Talk about each sticker as your little one places it on the shapes. Ask them questions, such as what colour is the sticker? Are there any pictures on it? What shape is the sticker? And so forth.

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

Where or Where are Baby's Fingers?

Where oh where are baby's fingers? Where oh where are baby's toes?
Where oh where is baby's belly button? Round and round it goes.
Where oh where are baby's ears? Where oh where is baby's nose?
Where oh where is baby's belly button? Round and round it goes.



A Smooth Road

A smooth road, a smooth road, a smooth road, a smooth road (*Sway baby*)
A bumpy road, a bumpy road, a bumpy road, a bumpy road (*Gently bounce baby*)
A rough road, a rough road, a rough road, a rough road (*Bounce Baby*)
... a hole! (*Drop baby between your legs*)



See You Later, Alligator

See you later, alligator. In a while, crocodile. (*Clap your hands*)
Give a hug, ladybug. (*Give baby a hug*).
Blow a kiss, jellyfish. (*Give baby a kiss*).
Bye, bye butterfly. Bye, bye, butterfly. (*Wave your hands up and down*)

