

Daily Baby Activities

Sunday	Give your baby a smile. Tell them that you are smiling as you are doing so. Show pictures from albums, magazines, etc. of other people smiling.	If someone is interacting with your baby, let your baby know who that person is and what they are doing with them (i.e. "Uncle Bobby is feeding you.")
Monday	After your baby's bath, rub some gently textured items (i.e. things that are soft, smooth) on their tummy and explain to them what they are and how they feel.	Lay your baby on their back, and put your hands on their shoulders, neck (or wherever they need the most support). Slowly raise their upper body to a sitting position.
Tuesday	Give your baby a non-bath toy (but that's safe to get wet) during bath time. See if they play with it differently than when not in the bath.	Tap your hands on a table or a chair, as if you were playing a drum. See if your little one taps along. Tap fast, slow, hard, soft, etc.
Wednesday	Go for a walk outside and describe all the things in nature that you see and hear (i.e. "The birds are chirping.")	Tap your baby on different parts of their body. As you tap each part, say, "beep". Do it again but add the body part too (i.e. "Beep your nose").
Thursday	Hold out your baby's hands in front of them and help them do different movements, such as opening and closing their hands, clapping, etc.	Call someone and put the phone on speaker. Tell them to speak to the baby, and to listen if the baby responds.
Friday	Each time you do something, and your baby is watching you, tell your baby what you are doing (i.e. "I am putting your toys away.")	React or respond to your baby when they laugh or change their facial expression. Laugh like them or do the same facial expression they're doing.
Saturday	Talk to your baby with consonant-vowel sounds like "mama" and "dada". Even do it with pretend words, like "bobo" and "lala".	When going towards your baby, tell them excitedly, "I'm coming to get you!" See if they'll crawl away from you or towards you.

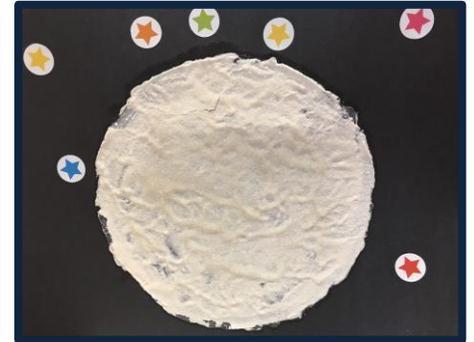
**If you'd like, do the daily activities repeatedly, and on other days too! Repetition is key for babies to learn and develop.*

Moon Exploration

Your little astronaut will learn all about the moon as they paint it. Great for ages 1.5 years and up.

What You Need:

- Black construction paper
- Cereal box
- Scissors
- Paintbrush
- Small to medium size rock
- 1/3 Cup + 3 tbsp flour
- 1/3 cup salt
- 1/3 cup water
- Bowl
- Star stickers (optional)



Directions:

1. Cut the cereal box open, and in the middle of the box cut out a circle that is a bit smaller than the size of the black construction paper (but not too much smaller).
2. Tape the cereal box onto the black piece of paper. This will ensure that your little one does not paint outside the circle and turn the 'moon' into some other object.
3. In a bowl, have your little one help you mix the flour, salt and warm water together. You want the texture to be like cottage cheese, so adjust as necessary.
4. Have your little one paint the mixture onto the black circle.
5. Once the painting is done, have your child use a small rock to make 'craters' on the paint by dabbing the rock all over the 'painted' circle.
6. Let dry
7. Take the cereal box off the black construction paper and let your little one add star stickers to the picture.

Talking Points:

Talk to your little one about how you are reading a recipe to make the 'paint'. Also, talk to your little one about the moon. Ask them what colour it is, at what time of the day they see it. You can also tell them some interesting facts about the moon - the only place in space on which people have landed is the moon (done by astronauts); the moon is made up of rocks, mountains and huge craters; the temperature on the moon can go from super hot when the sun is shining on it, to super cold when the sun is not.

Sorting Vehicles (Land, Air, Water)

Your little mathematician can practice their sorting skills in a fun way! Great for ages 2.5 years and up.

What You Need:

- Transportation stickers (you can also use toy vehicles or vehicles cut out of paper which they can glue on)
- 3 pieces of paper (dark blue, green, light blue)
- Marker



Directions:

1. On the dark blue piece of paper draw some fish and waves in the water; on the green piece of paper draw some trees and a road; and on the light blue paper draw some clouds and the sun.
2. Give the three pieces of paper to your child with some different transportation stickers (toy vehicles, or pieces of papers with different vehicles drawn on them).
3. Have your little one put the vehicles that belong on land on the green paper, in the air on the light blue paper, and in the water on the dark blue piece of paper.

Talking Points:

Talk to your little one about the different types of vehicles, what colour they are, and how they travel.

Also talk to your little one about how many vehicles have been put on each piece of paper and practice counting the vehicles together. If they are a bit older ask them which sheet has the most/least vehicles.

Sidewalk Obstacle Course

Your little athlete will show off their athletic ability. Plus, you'll bring a smile to all the other young children and families in your neighbourhood. Great for ages 1.5 and up!

What You Need:

- Chalk (don't have any? Make some using the recipe from [Week of 31st - page 2](#))

Directions:

1. Get some chalk out and create an obstacle course all the way down the sidewalk for your child, and all the other children on your street to enjoy. If your child is able, have them help you create the obstacle course as well!
2. Some chalk activities to include are hopscotch; follow the path; side stepping; run down the line; hop on left foot; hop on right foot; turn in a circle; walk backwards; balance on the line; count the rainbows/smiles along the obstacle course; clap your hands; hop like a bunny; dance (do the chicken dance); touch your toes; march; and side shuffle.



Talking Points:

Talk to your little one about all the activities that you are creating on the sidewalk and explain/show them how to do the activities. You can also ask them for what activities they think should be included, and together make that activity together.

Talk about the chalk - what colours are being used, the texture of the chalk (hard and dusty), and the smell of the chalk.

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

The Itsy Bitsy Spider (*Fingerplay*)

The itsy bitsy spider went up the water spout.
Down came the rain and washed the spider out.
Out came the sun and dried up all the rain.
And the itsy bitsy spider went up the spout again.



Giddyap! (*Bounce child on knee or lap*)

Giddyap, giddyap, ride to town.
Giddyap, giddyap, up and down.
Giddyap fast. Giddyap slow.
Giddyap, giddyap, giddyap, WHOA!

Cheek Chin

Cheek chin, cheek chin, cheek chin, nose. (*Touch baby's nose*)
Cheek chin, cheek chin, cheek chin, toes. (*Touch baby's toes*)
Cheek chin, cheek chin, up baby goes! (*Lift baby in the air*)

