

Daily Baby Activities

Sunday	Massage each of your baby's toes and fingers. Count each one as you massage them.	Tie a string to a toy and dangle it in front of your baby. See if your baby will grasp it.
Monday	Give your baby a rattle or a noisy toy. Hold one as well and show your baby how it makes noise (i.e. shaking it, rolling it, pressing a button).	Place a towel or a blanket over a toy. Ask your baby where the toy is, then lift the towel or blanket and say, "There it is!"
Tuesday	While changing your baby's diaper, give your baby a magazine or a flyer to explore. Tell them what they are holding and seeing.	Put your baby in front of a mirror with some toys and see if they watch themselves playing. If not, encourage them to look at the mirror.
Wednesday	Go around your home looking for items that start with each letter of the alphabet. Tell your baby the letter and name of that item.	As you're outside, or while looking through your window, spot the cars passing by and tell your baby what colours they are.
Thursday	Hold a stuffed animal in front of your baby and move it around (i.e. up, down, side to side, etc.). See if their eyes follow to where it goes.	Hold your baby's hands out in front of them. Spread them apart and quickly bring them back together to make a loud sounding clap.
Friday	When preparing your baby for a nap or bedtime, put on some gentle music or sing them a lullaby.	With a small, clean paintbrush (or makeup brush), stroke different parts of your baby's body and tell them which part you are stroking.
Saturday	When talking to your baby, ask them questions, like "Where are the toys?" Pause and look at them to see if they'll respond or babble back.	Wherever your baby is while you are cooking (i.e. highchair, play pen), put some music on. Dance or bob your head. See if your baby does the same.

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

Father's Day Gift

Your little astronaut will be so excited to give this card to their dad on Father's Day. Great for all ages but will require the help of an adult.

What You Need:

- Scissors
- Coloured Paper
- Glue
- Picture of children (head shot)
- Picture of moon (or a homemade moon with coloured paper)
- Star stickers (or cut out little stars on construction paper)

Directions:

1. Fold a piece of coloured paper in half (black or dark blue would be recommended).
2. On a piece of light-coloured paper have your child (or adult, depending on ability) write "Dad/Daddy" and then glue it on the front of the card.
3. Cut out three circles, and have your child write the numbers 3, 2, 1 on each circle, and then glue it under the word "Dad/Daddy".
4. On the inside of the card have your child glue the rocket ship and moon onto the picture.
5. Have your child glue their picture on the rocket ship. If you have more than one child, then all the children can either make their own individual cards, or they can all glue their photo onto one large rocket.
6. Write on another coloured paper the message "We/I love you to the moon and back, love ____". If your child can write their own name have them do this part, if not, you can do it for them.
7. Cut out the message (or have your child cut it out) and have your child glue this message on the card as well.
8. Have your child decorate the whole card with lots and lots of star stickers.

Talking Points:

Talk to your little learner about how rocket ships can carry people to space, and how these people are called astronauts and must wear a special outfit called a space suit.

But most importantly, talk about why dad is special and why he needs to be celebrated.

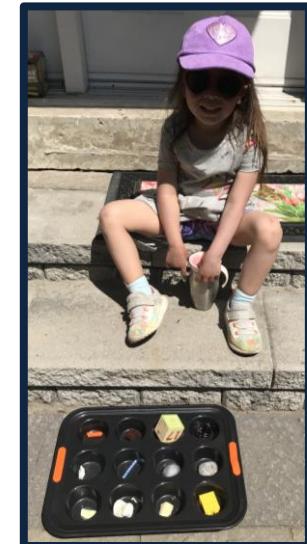


Melting in the Sun

Your little scientist will learn about melting points of different objects. Great for ages 2 years and up!

What You Need:

- Muffin Tray
- Different objects, such as an ice cube, crayon, Duplo piece, butter, cheese, wooden block, chocolate, jam, soap, marshmallow, rock, and a piece of apple (or other fruit).
- Sunny hot day



Directions:

1. Give your child a muffin tray.
2. Let your child put one object in each cup of the muffin tray.
3. Take the tray outside and check in 15 minutes, 30 minutes, 45 minutes and 1 hour to see what has and has not melted.

Talking Points:

Talk to your child about each item that they are putting in the muffin tray. You can talk about its texture, colour, and its use. Also ask them if they think the item will melt or not. Talk to your little one about the concept of an experiment (which is trying things out to see if their ideas are correct or not).

Egg Carton Colour Sorting

Your little mathematician will discover the joys of learning how to sort colours using simple everyday objects at home. Great for ages 2 and up!

What You Need:

- Empty egg carton
- Different Coloured Paper (don't have paper, then use different coloured markers)
- Scissors
- Glue
- Pom Poms (or any other objects with a single colour, such as Lego pieces, buttons, or marbles)
- Ziploc Bag (for storing small objects afterwards)

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



Directions:

1. Cut out in small circles different coloured paper and place one colour in each egg holder. Make sure you only use colours that you have a corresponding pom pom (or another object) to.
2. Have your child sort and place the pom poms (or other object) in the corresponding egg carton holder.
3. Use the Ziploc bag to store the small objects in when not in use.

Talking Points:

Talk to your little mathematician about all the different colours. Have them say each colour before they put them in their corresponding egg holder. Ask them to identify other objects that are the same colours.

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

Bumping up and down in my little red wagon

Bumping up and down in my little red wagon. Bumping up and down in my little red wagon.

Bumping up and down in my little red wagon. Won't you be my darling. (*Bounce baby*)

One wheel's off and the axle's broken One wheel's off and the axle's broken

One wheel's off and the axle's broken Won't you be my darling. (*Sway baby*)



Did you ever see a...

Did you ever see a monkey, a monkey, a monkey, Did you ever see a monkey swing this way and that?

Swing this way, Swing that way, Swing this way, Swing that way.

Did you ever see a monkey, swing this way and that.

Other verses: a fishy swim this way and that; a green frog hop this way and that

Roly Poly

Roly poly, roly poly. Up, up, up. Up, up, up. (*Move baby's arms up*)

Roly roly poly, roly roly poly. Down, down, down. Down, down, down. (*Move baby's arms down*)

Other verses: Out, out, out; in, in, in. Fast, fast, fast; slow, slow, slow. Peek-a-boo, peek-a-

boo; I love you, I love you.

