

Daily Baby Activities

Sunday	Show your baby different expressions (i.e. looking sad, happy, surprised). Let your baby touch your face and explore your features.	While your baby is on their tummy, play with a toy in front of them, so they're inclined to lift their head and reach out for the toy in your hands.
Monday	Have your baby sit on your lap, then hold onto their underarms and pull them up to their feet. Hold on to them and see if they want to sit back down or walk around with your support.	Let your baby touch something cold, like an ice cube, and say, "The ice cube is cold". Do the same with something warm, and say, "[the object] is warm."
Tuesday	In front of your baby, act out simple and short stories with your baby's stuffed animals.	When putting your baby down for a diaper change, say, "down". When you pull them up, say, "up".
Wednesday	Place sticky notes in visible and low areas in your home. Guide your baby to the notes and encourage them to pick them up.	Give your baby a variety of teething toys that are safe enough for your baby to chew on. See if they have a preference of texture or type of toy.
Thursday	Play some children's music and help your baby clap their hands and tap their feet to the beat of the music.	Sit your baby on your lap and sway them back and forth. Sing "Row, row, row your boat" as you sway them. <i>(Note: See last page of document for lyrics.)</i>
Friday	Bring your baby to different rooms in your home. In each room, tell your baby about the things in there with descriptive details (i.e. "This is a big, brown kitchen table.")	While changing your baby's diaper, put a small, textured toy under their shirt or somewhere on their bare skin. Describe the toy to your baby and where it's hidden. Then, reveal the toy to them.
Saturday	Before you dress your baby, blow raspberries on various parts of their body (i.e. tummy, arms, cheeks, etc.)	Hide behind the drapes (or hide under a blanket). Talk to your baby as you're hidden. See if they'll grab the drapes or the blanket to find you.

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

Canada Day

Celebrate Canada Day with your little one, as you make a Canada flag together! Great for all ages!

What You Need:

- White paper (rectangular shape)
- Paper (one piece, any colour)
- Tape
- Red paint
- Paintbrush

Directions:

1. Cut the white piece of paper into a rectangle (flag shaped)
2. Use the other piece of paper to cover the middle section of the white rectangular (flag shaped) paper and tape it down. Make sure the sides of the first piece of white paper are visible, so the child can paint them red.
3. Give your child some red paint and a paintbrush so they can paint the two sides of the rectangular paper red.
4. Once done, remove the tape and paper. The only thing that should be painted at this point are the two red sides of the white rectangular shape paper.
5. Paint your little one's hand red
6. Have your little one place their hand in the middle of the rectangular shaped paper to make a 'maple leaf'.
7. Let dry



Talking Points:

Talk to your little one about how they live in a country called *Canada*. If you have a map, show them the country on it. Tell them how the Canadian flag consists of two red rectangles, and a red maple leaf in the middle. Let them know that the maple leaf is a symbol of Canada, and the colours red and white are the official colours of Canada. Tell them that July 1st is Canada's birthday every year, and this year Canada will be 153 years old!

Sing them Canada's birthday song (lyrics on the last page of this document) or sing them Canada's national anthem, *O'Canada!* And show them the short ebook in VPL's Database Tumblebook, *Crazy for Canada* by Noa Schwartz.

Let's Celebrate Diversity!

Your little one will celebrate how beautiful it is that we are all different. Great for ages 1 year and older!

What You Need:

- Multicultural Construction Paper (or [Multicultural People Pad](#))
- Construction paper - multiple colours
- Markers
- Glue
- Googly eyes, small sticker, pom poms, etc. for clothing decorations (optional)

Directions:

1. If you don't have the multicultural people pad, you can have an adult use multicultural construction paper to cut out people shapes.
2. Have an adult make clothes for the paper dolls by placing a piece of construction paper underneath the people shape. Next, trace around the paper doll body to form the desired shape of clothing. Finally, cut out the shape and snip off the head, hands, and feet.
3. Have your child glue clothing, hair, shoes onto the paper dolls. And pretty much decorate the doll with small stickers, googly eyes, pom poms, markers, buttons, or yarn.



Talking Points:

Your preschooler has most likely noticed that we all look different, so use this activity as a learning opportunity to point out racial differences. Ask them which paper doll has darker or lighter skin tones, and which dolls have darker or light skin tones than their own skin tone. You can even show them the difference in skin tones in your own immediate family by holding your arm against theirs. Point out cultural differences when reading picture books. For example, explain how everyone's hair is different - some people have straight, curly, or wavy hair, and all our hair colours are also different (black, blonde, brown, red, grey, etc.).

Some recommended online reads from our databases are:

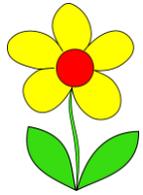
Tumblebooks: [Lola at the Library](#); [While You Are Sleeping](#)

Kanopy Kids: [Garrett's Gift](#), by Sweet Blackberry; [The Snowy Day](#), by Weston Woods

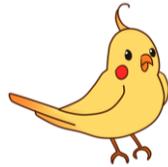
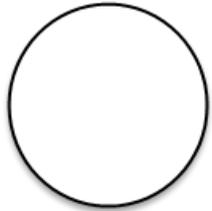
Hoopla: [Hair Love](#), by Matthew Cherry; [Crown: Ode to a Fresh Cut](#), by Derrick Barnes

Outdoor Scavenger Hunt

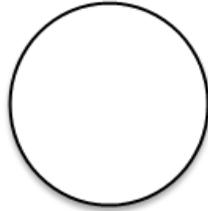
Print this page out, or if you don't have a printer, just write the items on a piece of paper. Have your small child find as many of the following items that they can. Then have your small child write down the number of each item they find. or show them how to draw the number by having them trace over your number.



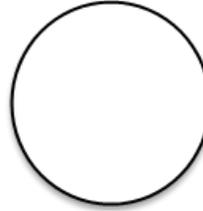
Flowers



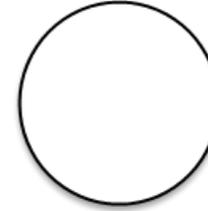
Birds



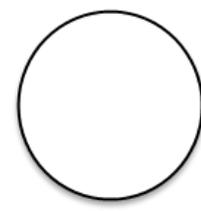
Butterflies



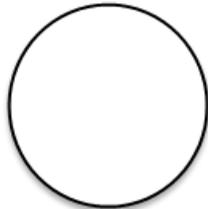
Pinecones



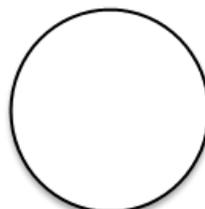
Squirrels



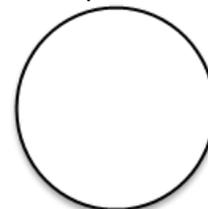
Spiders



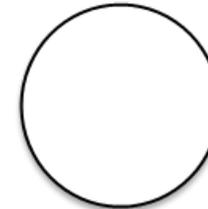
Bikes



Chipmunks



Red Cars



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

Row, Row, Row Your Boat

Row, row, row your boat. Gently down the stream.
Merrily, merrily, merrily, merrily. Life is but a dream.



Canada's Birthday Song (Tune: Are You Sleeping?)

Canada, Canada,
The maple leaf, the maple leaf,
Celebrate your birthday, celebrate your birthday
In red and white, in red and white.



Bubble, Bubble, Pop!

One little red fish swimming in the water, swimming in the water,
swimming in the water. One little red fish swimming in the water.

Bubble, bubble, bubble, bubble pop!

Other verses: Two little blue fish, three little green fish, etc. (Increase numbers and change the colours as you continue singing).

