

Daily Baby Activities

Sunday	While changing your baby's diaper, tell them each step that you are doing (i.e. "I'm taking the dirty diaper off", "I'm cleaning your bum").	As you watch your baby play with their toys, join in and play with the toys the same way that your baby is playing with them.
Monday	Tell your baby that you're going to tickle them, then gently tickle their feet, tummy, cheeks, etc.	Create a tunnel with your legs. Spread out wide enough for your baby to crawl through. Do the same thing with your arms.
Tuesday	Put some music on and tap your baby's feet and clap their hands to the beat of the music.	Act out different animals with how they sound and move. Tell your baby what animal you are portraying.
Wednesday	Ask your baby to do certain actions, such as "Crawl to mama" or "Roll the ball to me". If they seem confused at first, show them the action you are asking them to do.	Show your baby how to clean up the toys after playing, such as placing them back in the toy box, or dropping them in a basket. Ask your baby to help you clean up.
Thursday	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!" When they're close to you, give them a big hug!	When something falls to the floor, tell your baby "Uh oh" or "Oh no". Also, use facial expressions, such as looking surprised and placing your hands on your cheeks. See if your baby copies you.
Friday	When asking your baby to pass a toy to you, say, "May I please have that toy?" and point to the toy you want, and say, "Thank you" when they pass it to you.	Lay your baby on a blanket or a towel. Then, hold on the corners and pull the blanket or towel along a smooth surface.
Saturday	Hold a toy above your baby's head and encourage them to raise their arms to try and grab it.	Turn the faucet on and off in front of your baby. Tell them "Water on" or "Here comes the water" and "Water off" or "The water is all gone".

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

Mice Finger Puppets

Have your little artist create mice finger puppets with you. Great for ages 2 and up. Although the younger they are the more help they will need.

What You Need:

- Paper (coloured or white)
- Tape
- Glue
- Crayons or Markers
- Scissors
- Googly eyes (optional)

Directions:

1. Have your child pick a piece of paper, and then have them (or an adult) cut out a triangle (around 3-4 inches in size).
2. Curl the triangle into a cone shape and tape the end of the paper down.
3. Have your child make eyes for the mice. They can do this by either:
 - a. Colouring them on, or
 - b. Gluing googly eyes on, or
 - c. Cutting out two small circles out of another coloured piece of paper and gluing them on.
4. Have your child make two small ears for the mice, by either colouring them on, or cutting two small ears out of paper and gluing them on.
5. Have your child glue on a tail using the left-over paper.
6. Repeat steps 1-5 to create more baby mice, until you have one for each finger.



Talking Points:

Talk to your little artist about all the colours they are using to create their finger mice puppets. Once they are done, sing some classic mice songs to your child, such as Hickory Dickory Dock, 3 Blind Mice, or the Five Little Finger Mice (rhyme is on last page).

Dancing Coin

Although this looks like a magic trick to your little one, your little scientist is learning the basics of how air must escape from the bottle as it warms up. Great for ages 2 and up.

What You Need:

- Coin, such as a quarter
- Empty Glass Bottle
- Bowl
- Warm Water

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



Directions:

1. Place the empty glass bottle in the freezer for at least 3 or more hours.
2. Remove the bottle from the freezer.
3. Fill a bowl half full with warm water.
4. Place the bottle in the water
5. Dip the coin into the warm water, and then place it over the bottle opening.
6. Wait and watch, to see what happens to the coin.

Talking Point:

Explain to your little scientist that the bottle is full of cold air, but when it is placed in the warm water, the air inside the bottle starts to warm up and move around and rise causing the coin to move.

Try out different coins and see if it works. Talk to your little one about the currency, how much it is worth, what it is called, and any images on the coins.

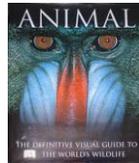
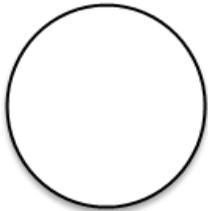
Does other material also work? Let your child experiment. After the experiment, you may also find your little one fascinated with playing with the water in the bowl. Give them some toys and try our "[sink and float experiment](#)".

Indoor Scavenger Hunt

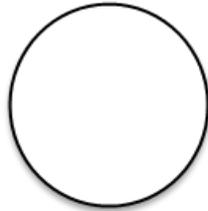
Print this page out, or if you don't have a printer, just write the items on a piece of paper. Have your small child find as many of the following items that they can. Then have your small child write down the number of each item they find, or show them how to draw the number by having them trace over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



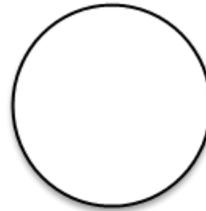
Green items



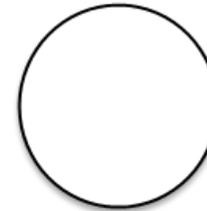
Animals in a book



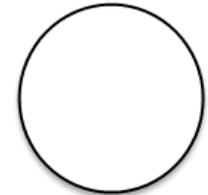
Photos of someone you love



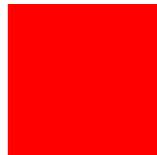
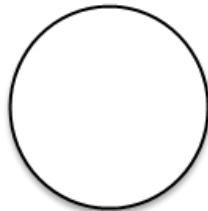
Black Socks



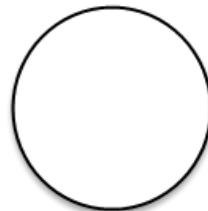
Things you can see through



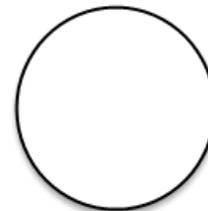
Suns in a book



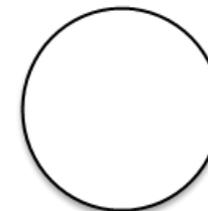
Red items



Plants



Stuff that are soft



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

Head and Shoulders Baby 1, 2, 3

Head and shoulders baby 1, 2, 3 (x3),
Head and shoulders, head and shoulders,
Head and shoulders baby 1, 2, 3
Other verses: knees and toes; back and tummy



Five Little Finger Mice

Five little mice came out to play,
Gathering crumbs up on their way.
Out came a curious cat
Sleek and black,
Four little mice went scampering back.

Four little mice came out to play...
Play until all the little finger mice on your child's fingers are gone.



Pizza, Pickle, Pumpernickel

Pizza, pickle, pumpernickel. My little one shall have a tickle!
One for your nose. One for your toes.
And one for your tummy for where the hot dog goes!

