

# Daily Baby Activities

<b>Sunday</b>	Give your baby a high-five! Have your hand up high and help your baby do the same, and then slowly give them a light high-five.	Stand your child up against a chair or a stool that they can easily hold on to. Let them stand for as long as they can. Talk to them and encourage them to keep standing.
<b>Monday</b>	When passing a toy to your baby, tell them "I'm passing you [name/kind of toy]". Then, ask them to pass it back to you by pointing to it and having your hand out.	Bring your baby to different surfaces of your home, such as hardwood, carpet, etc. Have your baby explore with their hands as they feel the different textures of each surface.
<b>Tuesday</b>	Give your baby two toys - one for each hand. Give them a third toy. See if they'll trade, drop one, or manage to hold all three in some way.	Give your baby something large enough where they would need both hands to hold or grab it, such as a beach ball, a stuffed animal, or a pillow.
<b>Wednesday</b>	In a dark room, put a flashlight on, and tell your baby to look for the light. Shine the light on various objects, and name the object.	Direct your baby's hands to your face. Allow them to explore the different parts, and tell them what each part is.
<b>Thursday</b>	When talking to your baby, use their name as much as possible. Talk to them in third-person. For example, "[Name] is going to have a bath".	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", etc.)
<b>Friday</b>	Hold your baby in a variety of positions, and see which ones they prefer and which ones they dislike. Some positions include, holding them outward, on your side, etc.	Talk to your baby with consonant-vowel sounds like "mama" and "dada". Also, they don't have to be real words. For example, try "bobo" and "lala".
<b>Saturday</b>	When going towards your baby, tell them excitedly, "I'm coming to get you!" See if they'll crawl or run quickly away or towards you.	When giving your baby a bath, give them a floating toy or a sponge, and put it just out of their reach. See if they'll grab it while in the bath.

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

## Mother's Day Gift: Create a Hand/Foot Bouquet

*This activity is fun for all ages but will require the help of an adult.*

### What You Need:

- White paper (card stock, preferably)
- Green pipe cleaners, green straws, or green card stock paper
- Construction paper
- Plastic jug (or other vase like container to hold the 'flowers')
- Washable kids paint (No paint - trace handprint on coloured paper and then cut out and glue on a piece of white paper)
- Tape & Markers
- Stickers (optional)

### Directions:

1. Paint your child's hand (or trace their hand, if not using paint).
2. Place painted hand onto white paper.
3. Let it dry for a few hours.
4. Repeat steps 1 -3 with a foot.
5. Cut out the hand/foot prints.
6. Tape green pipe cleaners (straws, or strips of green card stock paper) to the bottom of the prints to make a stem.
7. Place 'flowers' in a plastic jug and arrange the 'flowers' to make a bouquet.
8. Use construction paper to add a label that says "Happy Mother's Day. Love (child's name)." Also include date, for keepsake purposes. If your child is able, have them write the message.



### Talking Points:

Talk about the colour of the paint and the way it feels on their feet and hands. And most importantly, talk about why mom is special and why she needs to be celebrated.

## Building with Egg Cartons

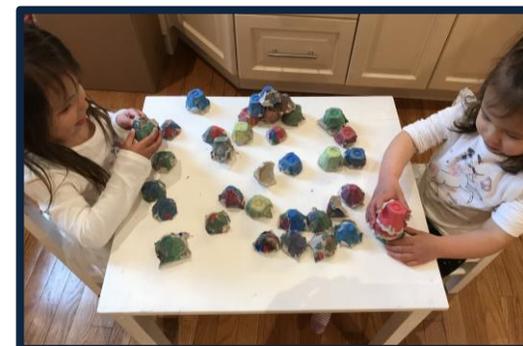
*This activity is great for your little engineer to discover how to build something and then maybe even knock it over. Great for ages 1 and up.*

### What You Need:

- Egg cartons (cut up into individual pieces)
- Paint & paint brush (optional - but does extend activity into a two-day affair)

### Directions:

1. Collect some egg cartons, and if you want, have your little one paint the egg carton holders (bottom of carton), and dry overnight.
2. Have an adult cut out each individual egg holder.
3. Let your child start building!



### Talking Points:

Ask your little one to try building the following (or show them how):

- Bridge
- Tower
- Pyramid
- Castle or fort
- Build horizontally instead of vertically

Remember to talk to your little one as you are building. Talk to them about what you are making, what colour the egg cartons are, what they feel like, the sound they make when they fall, and what your small child thinks of the experience. If they are a bit older, you can ask them what they would like to build too (let them lead)!

# Exploring Water Colour

*This activity is great for your little scientist to practice identifying colours and learn about colour mixing.*

## What You Need:

- 3 Containers (such as plastic glasses or clear plastic containers)
- Food Colouring (multiple colours)
- Water
- Towel or mat (for cleaning up the mess)

## Directions:

1. Fill 2 containers half way with water.
2. Have your child add a few drops of one colour of food colouring to one container, and a few drops of another colour of food colouring to the other container.
3. Let your child pour the colours into the third container to make a new colour.
4. Talk to your child about the colours and the idea of mixing two colours to form a new colour.
5. Repeat with other colour combinations.



## Some possible combinations to try:

- Red + Yellow = Orange
- Orange + Blue = Brown
- Red + Blue = Purple
- Yellow + Blue = Green
- Purple + Green = Brown

## Talking Points

Recognizing colours and identifying colour names is an important part of your little one's development, as it helps them make distinctions among things they see. So, make sure to talk to your child about all the colours they are using, and explain to them the concept of colour mixing to make new colours.

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

### Pat-a-Cake!

Pat-a-cake, pat-a-cake, baker's man.

Bake me a cake as fast as you can.

Roll it, pat it, and mark it with a "B". Put it in the oven for baby and me!



### Do you know that I love you? (Tune: Do you know the Muffin Man?)

Do you know that I love you, that I love you, that I love you?

Do you know that I love you, so I give you a great big hug!

*Other verses: I give you a great big kiss; Lift you up in the air;*

*Whisper I love you!*

### A Hippopotamus got on a City Bus (Bounce baby on your lap)

A hip, a hip, a hippopotamus, got on, got on, got on the city bus, and all, and all, and all the people said, "You're squishing me!" (Give baby a squeeze)

A sheep, a sheep, a sheep got on the bus, and all, and all, and all the people said, "Baaack up!" (Lean back with the baby)

A cow, a cow, a cow got on the bus, and all, and all, and all the people said "Moovve over!" (Lean to one side with the baby)

