



EVERY DAY I LEARN
THROUGH PLAY!



ACTIVITIES TO DO WITH YOUR INFANT OR TODDLER



KEY LEARNING AREAS

-  Approaches to Learning
-  Creative Arts
-  Language and Literacy
-  Social Studies
-  Mathematics
-  Physical Health and Wellness
-  Science
-  Social and Emotional

Best wishes on your new baby! Your new arrival is ready to learn. No need to buy fancy programs or expensive materials, you can help your child learn and develop using daily routines, every day interactions and play. This guide provides ideas for learning in many areas of development (outlined in the Key Learning Areas below). You are your child's first and MOST IMPORTANT teacher!

Every child grows and learns new things at his or her own pace. Children may vary as much as 6 months in some of the things they are able to do. Children developing new skills need lots of practice, therefore, the activities in each age range can be used over and over again. You might notice that some activities are intentionally repeated in various age levels.

The activity guide is designed around key routines. Each routine provides multiple opportunities for interactions with adults and materials.

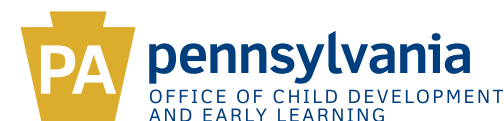
- ✧ **Let's Eat:** mealtimes, snack times, eating out.
- ✧ **Let's Get Clean:** bathing, diapering, toileting, grooming and dressing.
- ✧ **Let's Go:** travel, running errands, taking walks, exploring outdoors, vacations, body movement.
- ✧ **Let's Share Words and Stories:** reading, orally telling stories, acting out stories, pretend play, drawing and other forms of expression
- ✧ **Let's Say Hello/Goodbye:** transitions you and your child will make including transitioning between activities, cleaning up, visiting with a babysitter or going to child care
- ✧ **Let's Rest:** nap time, bed time and down time.

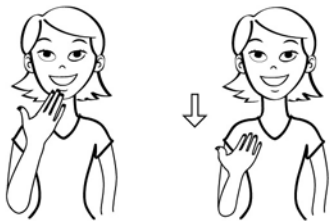


If you have any concerns about your child's development, call your local Early Intervention programs or CONNECT (1-800-692-7288) and talk with a child specialist.

Activities are linked with Pennsylvania Learning Standards for Early Childhood which define the skills and concepts children should know and do at various stages. For more information on the Learning Standards and to access other important information regarding your child's early education, go to www.pdesas.org/ocdel and check out the "For Families" tab.

This activity book is made possible through the support of...





THANK YOU



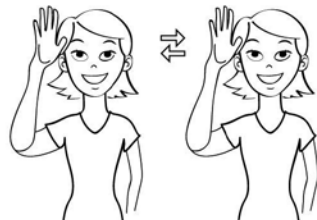
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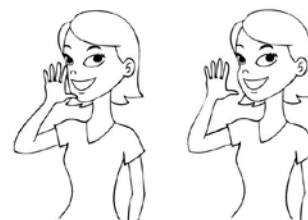
PLEASE



BOOK



DADDY

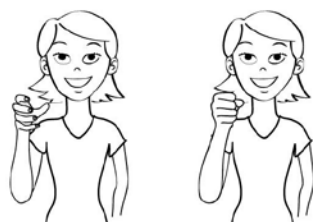


MOMMY

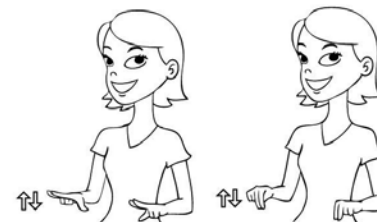
Using sign language with young children is a simple way to give your child a way to express his/her message.



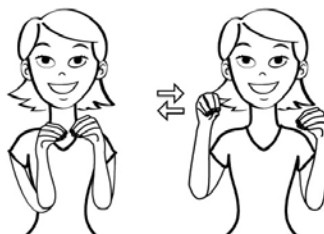
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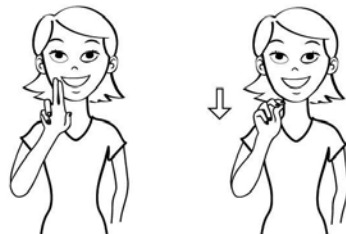
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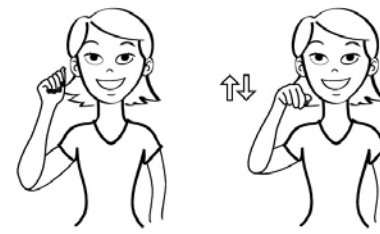
DIAPER



MORE



NO



YES

Children are able to understand language before they are able to speak it. Imagine you have something to say, but do not have the words to say it! How frustrating! Such frustration is a major reason young children act out. Using sign language with young children is a simple way to give your child a way to express his/her message. Here are a few simple signs to get you and your child "talking."



For more signs visit:
www.aslpro.com

0-3 MONTHS



MILESTONES *By end of 3 months*

- ✧ Can briefly calm self
- ✧ Smiles
- ✧ Focuses on faces
- ✧ Coos
- ✧ Turns toward sounds
- ✧ Follows things with eyes
- ✧ Acts bored (cries, fusses) if activity doesn't change
- ✧ Holds head up
- ✧ May begin to push up when lying on tummy

Children begin learning even before birth. Children learn through experiences with their world. Interaction is at the heart of learning and, all children benefit from spending time with adults who are close to them. From birth, infants take in their world through their developing senses. The senses of hearing, touch and smell are the most developed during the first three months of life. Sight develops significantly during these first few months, but babies in this age range focus best on items 8-12 inches away. Adult faces become a major focal point.




It may take your newborn several seconds to respond to you or he or she may not respond much at all. Be patient — you may need to keep trying or wait a while for your baby to enter an alert, responsive state.

(Parentese: the sing-songy tone of voice favored by many babies.)




INTERNET RESOURCES

Pennsylvania Department of Public Welfare www.dpw.state.pa.us
Connect with the various programs within the Department of Public Welfare to get the answers you need. Our goal is to be a quality human services provider and to respond to questions in a timely manner.

Let's EAT!


-  Describe your baby's signs of hunger. Describe what you are doing as you prepare for feeding, as well as during the actual feeding process. For example: "I hear you crying. That sounds like a hungry cry. Let's get ready to eat."
-  Use names for those who are interacting with and feeding your baby. For example: Daddy's feeding you today.
-  During feeding time, if your baby is alert, make "music" while making eye contact with him/her. Click your tongue, make kissing noises, whistle, hum a tune, or sing a favorite tune.


Let's GET CLEAN!


-  While changing a diaper or getting ready for a bath, gently play with your baby's toes and feet, doing light tickles. Add "This Little Piggy Went to Market" (see song list), touching a different toe per verse.
-  After bath time, give your baby's tummy a sampling of different textures. Collect an assortment of soft, touchable household objects. One at a time, brush each item ever so gently across your baby's skin, describing the sensation as you go. For example: "Feel the silky scarf? It's very slippery."
-  After bath time, warm a dime-sized squirt of baby massage oil or plain vegetable oil by rubbing it between your palms. Then gently massage it into your baby's skin. Name your baby's body parts as you gently massage each part.



Let's GO!


 Take a walk outside. Describe the things you are seeing and feeling. Stop and have a picnic.


 Tie or tape some ribbons, fabric, or other interesting streamers onto a wooden spoon. While walking or while riding in the back seat of the car with your baby, pull out the wooden spoon and dangle them gently over and in front of your baby's face.


 Place your baby on his/her back, holding your baby's ankles, gently rotate your baby's legs as you say, "Row, Row, Row, Your Boat." (see song list)




Let's SHARE WORDS and STORIES!


 Lie your baby down on a soft flat surface. Gently tap or rub your baby's hands and fingers while singing "Pat A Cake." (see song list)


 Place your baby on his/her tummy (younger babies may only be able to handle a minute or two on their tummy but it is important to provide some tummy time to infants everyday). Place cardboard books or black and white pictures in front of your baby. Describe the pictures.

 Read aloud to your baby in a calming tone. At this age it does not matter what you are reading as long you read with expression using parentese (see above) and make frequent eye contact with your baby.


Let's SAY HELLO - GOODBYE!



 Play "Now you see it, Now you don't." Show your baby a toy. Cover the toy with a cloth, asking "Where is it?" Remove the cloth with a "Here it is."



 Hold your baby closely or lie your baby down on a soft flat surface. Be sure to be close enough (8-12 inches) so your baby can see you. Start with small movements, like sticking out your tongue or opening your mouth in a wide grin. If you are patient, your baby may try to imitate you.

 Begin to establish predictable routines for diapering, bath time, bedtime, etc. Routines and rituals provide a sense of safety that is the foundation for later exploration.


Let's REST!

 Create black and white images either by drawing simple patterns such as diagonals, bull's eye, checkerboard, and simple faces with a black marker onto white paper or by printing out black and white images from the computer. Place these images where your baby can see them, ideally 8-12 inches from their face, in places where your baby has downtime.

 Play "Goodnight Moon" as part of your bedtime routine. Carry your baby around the room or the house and say "goodnight" to favorite toys, people, and objects. 

 Play a favorite CD or tape of lullabies or other soothing music while you settle your baby, and then leave it on at a low volume after you leave. 

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 Social Studies

 Mathematics

 Physical Health and Wellness

 Science

 Social and Emotional