



Dear Infant Families,

Working from home with a busy infant is super difficult! We've put together some simple activities to help keep your little one occupied beside you as you attempt to get some work done.

We have put together a few activities for you and your child to keep learning at home. These activities promote positive social interactions, emotional regulation and fosters good learning. These skills can be acquired through incorporating these activities and games at home. We have tried to keep the setup and materials required as easy as possible (common household items that are readily available).

We hope all our families are doing well and staying safe during this time. We look forward to returning soon to work with your child again.

Macaulay thanks all parents/guardians for their patience and cooperation during this period.

Stay safe and take care,

Macaulay Child Care Centre Staff

Activities

Catching a tissue puppet

Materials needed – Tissue Paper and popsicle sticks

Activity – Play the baby's favourite music while moving the puppet to the music. Encourage the baby to reach for the puppet.

Skills Learned -- Gross Motor, Strength

A hurdle runner

Materials needed – Toy cars or books at home

Activity – Supporting the baby by holding hands or supporting the torso, encouraging to take steps over the hurdles (toys or books on the floor).

Skills Learned -- Gross Motor, Walking

Cooking is fun

Materials needed – Banana, burrito bread, oranges and rice paper

Activity – Making banana burritos with pre-cut burrito buns, and bananas. The baby and family will make burritos and enjoy it together as a healthy snack.

Skills Learned -- Taste exploration.

Knocking down and rebuilding blocks

Materials needed – Any stackable soft blocks/ cups

Activity – Building up blocks then knocking them down; babies love it!

Skills Learned -- Cognitive- Cause and effect

Singing with movement

Materials needed – Songs both loud & soft, and fast & slow

Activity – Singing the song "Head & Shoulders" at the same time while identifying body parts.

Skills Learned -- Receptive language skills

Washing a baby doll

Materials needed – Baby doll, child-friendly soap, face cloth

Activity – Giving bath to the baby using the child-friendly soap together saying simple words such as bath or baby.

Skills Learned -- Joint attention

Peekaboo

Materials Needed-- Blanket, Book or toy.

Activity – Place a toy or Book under a blanket leaving a part of the object exposed. Encourage your child to look for the hidden toy.

Skills Learned – Fine Motor-Palmar Grasp
Cognitive -- Object Permanence.

Reading

Materials Needed -- Board or cloth picture book

Activity -- Regularly read books to your baby by pointing to the pictures. Engage them by changing your voice. Encourage your little one to touch the pictures and turn the pages.

Skills learned -- Fine Motor- Pincer Grasp
Communication_ Receptive learning

Shake the Bottle

Materials Needed – Empty bottles, Colored pasta and rice.

Activity -- Fill the Bottles with colored pasta or rice and glue the top lid back on, so your baby can play safely. When babies hear and see new and novel things it brings an element of surprise to them.

Skills Learned – Sensory – Auditory discrimination
Cognitive – Cause and Effect

Small Toys in an empty wipes' container.

Materials needed -- Empty wipes container, medium size toys/ objects.

Activity -- Encourage your baby to push the play objects into the slot and down into the empty container. Help your infant to open it and dump it out and do it all over again.

Skill learned -- Fine motor -- Palmar Grasp
Cognitive -- Problem solving

Baggy Finger Painting

Materials needed -- Washable finger paint and large zip lock bags.

Activity -- Squeeze washable color paint into a zip lock bag and seal tightly with duct tape for security. Place the zip lock on the floor and allow your baby to squeeze and explore the bag

Skills learned – Sensory -- Tactile exploration

Stick Drop

Materials Needed -- Empty Paper roll, Popsicle sticks

Activity – Tape the paper roll onto the wall and set out the popsicle sticks on the tray for your child to pick up and drop it into the paper roll tube.

Skills learned – Eye hand coordination.

Toys covered in tin foil

Materials needed – Foil paper, Toys

Activity -- Wrap your babies favorite toy in the foil paper and place it in a bin. It is so much fun to see the reaction of your baby as he/she open each toy.

Skills Learned -- Fine Motor – Pincer Grasp
Cognitive -- Problem Solving

Edible painting

Materials needed -- Vanilla pudding, food color, muffin tray

Activity -- Mix the food color into the pudding and pour it into the muffin tray and place it on the table. Place the white mural paper on the floor. Encourage your infant to dip the paint into the muffin tray and paint on the paper.

Skills Learned – Sensory – Tactile Exploration

Sensory Bags

Materials needed – Zip lock bags, hair gel/shaving cream, google eyes, large button,
Activity – Place all items into the zip lock bag and seal it with duct tape. Encourage your infant to mix the color and observe the color changes. explore the bag and feel all the different textures in the bag.

Skills Learned -- Sensory – Tactile discrimination, visual exploration

Painting with ice cubes

Materials needed -- Small dinosaurs/favourite toy, food color, popsicle sticks

Activity – Freeze the colored water with toy inside. Place the popsicle stick on top to freeze so that your baby can hold while painting. Place paper and frozen cubes on the tray and allow your baby to paint.

Skills learned - Fine Motor – Palmar Grasp
Sensory – Tactile discrimination

Basket of Balls

Materials needed -- Bucket/container and different texture and size ball.

Activity – Fill the container with different balls and dump it out. Encourage your infant to pick up the balls and place it back into the container. Engage them by rolling, throwing and kicking the ball.

Skills learned – Sensory – Tactile discrimination

Save the Animal

Materials needed – Laundry basket, Woolen yarn, toy animals.

Activity - Take the woollen yarn and tie it across the laundry basket in a crisis's cross manner.

Place all the animals inside the basket and encourage your baby to pick the animals.

Skills learned – Cognitive – Trial and error, problem solving.