



Activities for Infant Children

April 20, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">Reading Books</p> <p>It's never too early to start enjoying books with your infant! Very young children don't so much read books as explore them. It's not about the words, the story, or the sound of your voice. It's not about the pictures. It's not about the physical book itself. It's actually about all of the above, combined. Babies use all their senses to take in a book. Your job is to keep your mind open to the possibilities — a book can be just as satisfying as reading it — and have fun. It can take a lot of patience to get through even a short picture book with a baby, but you'll be rewarded with a child who's received an excellent start to literacy — and life.</p> 	<p style="text-align: center;">Lid Tugging</p> <p><u>Materials:</u> Tupperware lid (or other plastic reusable lid), hole puncher, ribbon or string</p> <p><u>Directions:</u> Using a hole puncher or knife, safely place 3-5 holes on the plastic lid. Place the ribbon or string through the holes in the plastic lid creating knots on both ends.</p> <p>Encourage your child to tug on the string or ribbon. This will encourage fine motor skills.</p> 	<p style="text-align: center;">Squishy Texture Bag</p> <p><u>Materials:</u> Ziploc bags or clear plastic bags, paint, pasta (cooked and uncooked), small letter toys, photos, etc.</p> <p><u>Directions:</u> Add paint, pasta, letters, photos or any other material small enough to fit inside a Ziploc bag. Mix all the materials together in the Ziploc bag. Encourage your child to mix items together and find the materials placed in the bag.</p> 	<p style="text-align: center;">Dance Party</p> <p><u>Materials:</u> music player, musical instruments (optional)</p> <p><u>Directions:</u> Find cultural music, children's music that you may find on the internet, or sing a song. Try to find music that has different tempo as well. Pick up your child and move to the music around your home. Remember to sing along and use all the space around you!</p> 	<p style="text-align: center;">Flashlight Play</p> <p>Make your own glowing toys by dropping small LED lights (e.g., battery operated tea lights) into coloured food containers or water bottles. This keeps your little one from mouthing the lights.</p> <p>Your child will be able to explore the light to shake, roll and bang the glowing objects together.</p> 

While we make every effort to create safe and engaging activities for children, please be mindful of the type and size of materials you provide your child. Supervision is still required for all the activities and children should not be left unattended during these activities.