

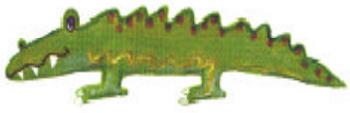
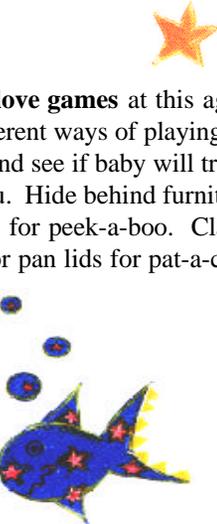
Activities for Infants 4-8 Months Old

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Place baby on your knee facing you. Bounce baby to the rhythm of a nursery rhyme. Help baby bring hands together to clap to the rhythm.</p>  <p>Fill empty tissue box with strips of magazine pages. Baby will love pulling them out. (Do not use newsprint; it's toxic. Never use plastic bags or wrap).</p> <p>Play voice games. Talk with a high or low voice. Click your tongue. Whisper. Take turns with baby. Repeat baby's sounds. Place baby so you are face to face--baby will watch as you make sounds.</p> <p>Play peek-a-boo with hands, cloth, or diaper. You hide first. Then let baby hide. Pull cloth off if baby can't.</p>	<p>Place baby in chair or car seat to watch everyday activities. Tell baby what you are doing. Let baby see, hear, and touch common objects. You can give baby attention while getting things done.</p>  <p>Place baby facing you. Baby can watch you change facial expressions (big smile, tongue out, wide eyes, raised eyebrows, blowing). Give baby a turn. Do what baby does.</p> <p>Place baby on tummy with toys or objects around but just out of reach. Encourage baby to reach for toys.</p>  <p>Listen to music with your baby. Help baby bring hands together to clap to the rhythm.</p>	<p>Let baby see self in mirror. Place a mirror on the side of the crib or changing table so baby can see. Look in mirror with baby too.</p> <p>With baby lying on back, place toys within sight but out of reach. Move a toy in front of baby's eyes and then to baby's side. Encourage baby to roll to get the toy.</p>  <p>Gently rub baby with a soft cloth, paper towel, or nylon. Talk about how things feel (soft, rough, slippery). Lotion feels good too.</p>  <p>Smile and talk to your baby often.</p>	<p>Let baby play with toys that make noise (rattles).</p>  <p>Baby will push or throw toys to the floor. Take time to play this "go and fetch" game. It helps baby learn to let go of objects. Give a box or pan to practice dropping toys into.</p> <p>Once baby starts rolling or crawling on tummy, play "come and get me" game. Let baby move, then chase after baby. Tickle or hug when you catch baby.</p> <p>Let baby put safe toys in mouth. This is one way babies learn about the world. It may also feel good when they are teething.</p>	<p>Encourage baby to kick legs and wave arms.</p>  <p>While sitting on the floor, place baby in a sitting position inside your legs. Use your legs and chest to give only as much support as baby needs. This allows you to play with baby while encouraging sitting alone.</p> <p>Attach favorite toy to side of the crib, swing, or carrier for baby to reach and grasp. Change toys to give baby new things to see and do.</p>  <p>All activities should be appropriately supervised.</p>

Activities for Infants 8-12 Months Old

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Let baby play with plastic measuring cups, cups with handles, strainers, and sponges that float in the bathtub. Bathtime is a great learning time.</p>  <p>Say "Hi" and wave when entering room with baby. Encourage baby to imitate. Help baby wave "Hi" and "Bye" to others.</p> <p>Let baby pat and poke at self in mirror. Smile and make faces together in the mirror.</p> <p>Let baby put objects in and out of containers. Give baby plastic containers with blocks. Baby may enjoy putting socks in and out of the sock drawer, or small cartons (jello, pudding) on and off shelves.</p>	<p>Let baby feed her or himself. This gives baby practice picking up small objects (cereal, peas). This also gives experience with textures in hands and mouth.</p>  <p>Give baby blocks to bang, rattles to shake, or wooden spoons to bang on containers. Show baby how to bang objects together.</p> <p>Baby will start making sounds like la-la and da-da. Copy the sounds baby makes. Add a new one and see if baby tries it too.</p>  <p>Make a simple puzzle. Put blocks or ping-pong balls inside a muffin pan or egg carton.</p>	<p>Let baby make choices. Offer two toys or foods and see which baby picks. Encourage baby to reach or point to chosen objects. Babies have likes and dislikes!</p> <p>New places and people are good experiences for baby but can be scary. Let baby watch and listen. Go slow. Baby will tell you when he or she is ready for more.</p>  <p>Turn on music. Hold baby in a standing position and let baby bounce and dance. Hold baby's hands and dance together.</p> <p>Read baby books or colorful magazines. Point and tell baby about the pictures. Let baby pat pictures in the book.</p>	<p>Play hide and seek games. Let baby see you hide an object under a blanket, diaper, or pillow. If baby doesn't uncover the object, just cover part of it. Help baby find the object.</p>  <p>Baby will start using index fingers to poke. Let baby poke at play phone or busy box. Baby may want to poke at face parts as baby touches your face.</p> <p>Play pat-a-cake. Clap hands together or take turns. Stop. Wait and see if baby wants you to start the game again. Try the game using blocks or spoons to clap and bang with.</p> <p>Put toys on sofa or table. Baby can practice standing while playing with toys.</p>	<p>Play ball games. Roll ball to baby. Help baby or have another partner help baby roll the ball back to you. Baby may even throw ball. A ball that is soft will work best.</p> <p>Play imitation games like "peek-a-boo" and "so big". Show pleasure at baby's imitations of movements and sounds. Babies enjoy playing the same game over and over.</p>  <p>Cut a round hole in the plastic lid of a coffee can. Give baby wooden clothes pins or ping-pong balls to drop inside.</p>  <p>All activities should be appropriately supervised.</p>

Activities for Infants 12-16 Months Old

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Arrange furniture so baby can get around a room by stepping across gaps between furniture. This encourages balance in walking.</p>  <p>Play a naming game. Name body parts, objects, and people. This lets baby know that everything has a name. It helps baby learn new names.</p> <p>Baby is learning different ways to do different things. Give baby lots of things to roll, push, pull, hug, shake, poke, turn, stack, spin, and stir.</p> <p>Make an obstacle course with boxes or furniture. Baby can climb in, on, over, under, and through. A big box can be a great place to sit and play.</p>	<p>Make puppets out of socks or paper bags--one for you and one for baby. Have your puppet talk to baby or baby's puppet. Encourage your baby to "talk" back.</p> <p>Clap and dance to music. Encourage baby to practice balance by moving forward, around, and back. Hold hands for support if needed.</p> <p>This is the time baby learns that adults can be useful! When baby "asks" for something by vocalizing or pointing, respond to baby. Name the object baby wants and encourage baby to communicate again--taking turns with each other in a "conversation."</p>  <p>Let baby help you clean up. Play "feed the wastebasket" or "give it to mommy or daddy."</p>	<p>Hold baby in standing position facing another person. Have baby step toward the other person to get a favorite toy.</p>  <p>Babies love games at this age. Try different ways of playing games and see if baby will try it with you. Hide behind furniture or doors for peek-a-boo. Clap blocks or pan lids for pat-a-cake.</p> <p>Play "pretend" with a stuffed animal or doll. Show and tell baby what the doll is doing (walking, going to bed, eating, dancing). See if baby will make the doll move and do things as you request.</p> <p>Try painting with plain water.</p>	<p>Loosely wrap a toy in a paper towel or kleenex without tape. Baby can unwrap it and find a surprise. Use tissue or wrapping paper too. It's brightly colored and noisy.</p>  <p>Prepare baby for a future activity or trip by talking about it beforehand. Baby will feel a part of what is going on. It may also help reduce any fear of being left behind.</p>  <p>Make a surprise bag for baby to find in the morning. Fill a paper or cloth bag with a soft toy, something to make a sound, or book with cardboard pages.</p>	<p>Tape a big piece of paper to a table. Show baby how to scribble with big non-toxic crayons. Take turns making marks on the paper.</p> <p>Cut up finger foods in small pieces. Allow baby to feed self. This is good practice to pick up small things and feel different textures.</p> <p>Let baby "help" during daily routines. Encourage baby to get a cup and spoon for meal time, find shoes and coat for dressing, or bring clothes or diaper for changing. Following directions is an important skill to learn.</p>  <p>All activities should be appropriately supervised.</p>

Activities for Toddlers 16-20 Months Old

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Simple puzzles with knobs are great. Putting letters into mailbox slots are fun too.</p>  <p>Take your toddler to the park. Ride on rocking toys, swings, and small slides. You may want to hold your toddler in your lap on the swing and slide first.</p> <p>Put "squeezing" objects in the bathtub such as sponges or squeeze bottles. Dump and pour toys (cups, bowls) are also fun.</p> <p>Play the "what's that?" game. Point to clothing, toys, body parts, objects, or pictures. Ask toddler to name them. You may need to name it for your toddler. Encourage imitation of the word.</p>	<p>Let your toddler try to blow bubbles or watch you blow bubbles. Bubbles are fun to pop and chase too.</p>  <p>Lay out toddler's clothes on the bed before dressing. Ask toddler to give you a shirt, pants, shoes, and socks. This is an easy way to learn the names of common items.</p> <p>Use boxes or buckets for toddler to throw bean bags or balls into. Let baby practice throwing overhand.</p>  <p>Use large non-toxic crayons and a large pad of paper. Felt tip markers are more exciting with their bright colors. Let toddler scribble own picture as you make one.</p>	<p>Fill plastic tub with cornmeal or oatmeal. Put in kitchen spoons, strainer, measuring cups, funnels, or plastic containers. Toddler can fill, dump, and pour. Toddler will learn about textures and use of objects as tools. Tasting won't be harmful.</p>  <p>Help toddler sort objects into piles. Let your toddler help you sort laundry. Play "clean up" games. Have toddler put toys on shelves or in boxes.</p>  <p>Make instant pudding together. Let toddler help by dumping pudding, pouring milk, and stirring. It is good to eat or can be used for finger painting.</p> <p>Let toddler stack cartons, jello, or pudding boxes.</p>	<p>Encourage toddler to have a doll or stuffed toy to do what he or she does--walk, go to bed, dance, eat, jump. Include the doll in daily activities or games.</p>  <p>Make a picture book by putting common, simple pictures cut from magazines into a photo album. Toddler will also enjoy photos of self, family members, and pets.</p>  <p>Play "hide and seek". Toddler can hide with another person or alone for you to find. Then take your turn to hide. Let toddler find you.</p> <p>Use a beach or nerf ball to roll, throw, and kick.</p>	<p>Get two containers (coffee cups or cereal bowls) that look the same and a small toy. Hide the toy under one container while toddler watches. Ask him or her "where did it go?"</p> <p>A favorite pull toy often is a small wagon or an old purse. Toddler can practice putting objects in and out. It can also be used to store favorite items.</p> <p>Sing action songs together like "ring around the rosey", "itsy bitsy spider", "this is the way we wash our hands". Do actions together. Move with the rhythm. Wait for toddler to anticipate the action.</p>  <p>All activities should be appropriately supervised.</p>

Activities for Toddlers 20-24 Months Old

Monday	Tuesday	Wednesday	Thursday	Friday
<p>"Paint" outside. Use a large paint brush and a bucket of water. Toddler will have fun "painting" the side of the house, a fence, or a front porch.</p>  <p>Name body parts. Get detailed by naming teeth, eyebrows, fingernails, ...</p>  <p>"Dress up" clothes offer practice for putting on and taking off shirts, pants, shoes, and socks. Toddler can fasten big zippers and buttons. Have toddler look in a mirror. Ask "who is all dressed up?"</p>	<p>Clean plastic containers with push or screw-on lids are great places to hide a favorite object or treat. Toddler will practice pulling and twisting them to solve the problem of getting the object.</p> <p>Hide a loud ticking clock or a musical toy in a room. Have your toddler find it. Take turns by letting toddler hide and you find.</p> <p>Play in a sandbox together. Use spoons, measuring cups, funnels, buckets, and shovels. Include cars and trucks to drive on sand roads.</p>  <p>Make your own playdough. Mix 2 cups flour and 3/4 cups salt. Add 1/2 cup water and 2 tablespoons salad oil. Knead well until smooth. Add food coloring. Knead until fully blended.</p>	<p>Use plastic farm animals or pictures cut from magazines to tell the Old Mac Donald story. Use sound effects.</p>  <p>Turn objects upside down (books, cups, shoes). See if toddler notices they're wrong and turns them back the right way. Toddler will begin to enjoy playing "silly" games.</p> <p>Play the "show me" game when looking at books. Ask toddler to find an object in a picture. Take turns. Let toddler ask you to find an object in a picture. Let toddler turn pages.</p> <p>Toddlers love rhymes and songs. Sing and talk with your toddler often.</p>	<p>Toddlers enjoy looking at pictures of themselves. Talk about what was happening when the picture was taken.</p> <p>Add a few ping-pong balls to your toddler's bath toys. Play a "pop up" game. Show toddler how balls pop up after holding them under water.</p>  <p>Many everyday items (socks, spoons, shoes, mittens) can help toddler learn about matching. Hold up an object. Ask toddler to find one like yours.</p>  <p>Set up your own bowling game. Use plastic tumblers, tennis ball cans, or empty plastic bottles for bowling pins. Show toddler how to roll the ball to knock down the pins. Let toddler try.</p>	<p>Cut a hole in the top of a shoe box. Let toddler insert an old deck of playing cards or used envelopes. The box can be used to store toddler's mail.</p>  <p>Make a book. Paste different textures on each page. Sandpaper can show rough. Cotton balls can show soft. Try other objects and describe them.</p> <p>Take trips to the park. Toddler can practice interacting with other children.</p>  <p>All activities should be appropriately supervised.</p>

Activities for Children 24-30 Months Old

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Make an obstacle course using chairs, pillows, or large boxes. Tell child to crawl over, under, through, behind, in front of, or between the objects.</p>  <p>A big box can become a car. An appliance box with holes cut for windows and a door can become a playhouse. Decorate the boxes with crayons, markers, or paints together.</p> <p>Give child soap, washcloth, and a dishpan of water. Let child wash a "dirty" doll, toy dishes, or doll clothes.</p> <p>Help listening skills by playing both slow and fast music. Songs with speed changes are great. Show your child how to move fast or slow with the music.</p>	<p>Collect little and big things. Describe the objects. Ask your child to give you a big ball, then all the big balls. Do the same for little. Play other big/little games. Show big by stretching arms up high and little by squatting down.</p>  <p>Show child how to make playdough snakes, balls, or pancakes with a small rolling pin. Add large cookie cutters to make other shapes.</p>  <p>Play "follow the leader". Walk on tip toes, backwards, slow, fast, with big steps, and little steps.</p>	<p>Play a game with a ball. Give directions such as roll, kick, throw, push, bounce, and catch.</p>  <p>Use whipping cream as finger paint. Help your child spread it around and draw pictures. Add food coloring.</p> <p>Pretend you are different animals such as a dog or cat. Make animal sounds and actions. Let your child be the pet owner who pets and feeds you.</p> <p>Children at this age love outings. One special outing can be going to the library. Make special time for reading like bedtime.</p>	<p>Take time to draw and color with your child. Draw large shapes. Let your child color them in.</p>  <p>During sandbox play, try wetting some of the sand. Show child how to pack container with the wet sand. Turn container over to make sand structures or cakes.</p>  <p>Give a choice between 2 pairs of socks, 2 shirts,... Give choices at times like snack or mealtime (2 kinds of drink, or cracker,...). Help your child learn to make simple choices.</p> 	<p>Play target toss with a large bucket or box. Throw bean bags or rolled up socks. Help your child count how many get in the target.</p> <p>Add an old catalog to your child's library. It's a good "picture" book for naming common objects.</p>  <p>Play a jumping game when you take a walk. Jump over the cracks in the sidewalk. You may have to help your child at first.</p>  <p>All activities should be appropriately supervised.</p>

Activities for Children 30-36 Months Old

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Have your child help you set the table. Show your child where the utensils should be placed.</p>  <p>Help your child learn new words to describe objects. Describe by color, size, shape (the blue cup, the big ball). Describe how things move (a car goes fast, a turtle goes slow) and how they feel (ice cream is cold, soup is hot).</p>  <p>Teach somersaults. Do one yourself first. Help your child do one. Let your child try it alone. You may want to put some pillows on the floor.</p>	<p>Read a story and pause often to leave out a word. Ask your child to fill it in. For example, Little Red Riding Hood said, "Grandmother, what big ____ you have."</p>  <p>Use bits of cereal, popcorn, or fruit and put one in a cup for your child. Put one in a cup for you. Take turns. Dump out your child's cup. Help count the pieces. This is good practice for early math skills.</p> <p>A good game for trips in the car is to play a matching game with a set of kids' play cards. Place a few different cards in front of the child. Give your child a card that matches one displayed. Ask your child to find the matching card.</p> 	<p>Make a simple puzzle. Cut out a magazine picture. Have your child help glue the picture onto cardboard. Cut the picture into three pieces with curvy lines. Put it together over and over.</p>  <p>Cut pictures out of magazines to make two groups such as dogs and food. Have 2 boxes and put a picture of a dog in one and food in the other box. Have your child put the other pictures in the right box. This helps your child learn about categories.</p> <p>Trace around simple objects with your child. Use cups of different sizes, blocks, or hands. Use markers or crayons of different colors. Talk about colors and shapes.</p>	<p>Collect empty boxes (cereal, TV dinners, egg cartons, ...) Set up a pretend grocery store.</p>  <p>Cut a potato in half. Carve a simple shape or design. Dip the stamp in paint. Use it to make pictures on paper.</p> <p>Show your child the "bear walk" by walking on hands and feet, keeping the legs and arms straight. Show the "rabbit hop" by crouching down and then jumping forward. Try others like the "elephant walk".</p>  <p>Dribble different color paints in the middle or on one side of paper. Fold the paper in half. Let your child open the paper to see the design.</p>	<p>Put a blanket over a table to make a tent. Pack a "picnic" sack for your camper. Have your child take along a pillow on a "campout" for a nap. Flashlights are fun.</p>  <p>Get a piece of paper large enough for your child to lie on. Draw around your child's body to make an outline. Talk about body parts. Print the words on the paper. Let your child color.</p> <p>Build roads and bridges with blocks. Use toy cars to go on the road, under or over a bridge, and between houses.</p> <p>All activities should be appropriately supervised.</p>