



Division of Child Care

0-12 Months Part One

| Development Area | Week One All About Me | Week Two ABC/123 | Week Three Bubbles | Week Four Farmers Market/Apples | Week Five Fall |
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| Language and Reading | <p>-Familiar People Picture Books (photos of familiar faces) Look at pictures of family and friends. For older infants, create a picture book with photos of familiar people. Flip through the photos while pointing/naming each person.</p> <p>-Caring for Baby -Hold baby dolls and sing to them with your infant close by. For older infants, encourage them to mimic your actions. EX: "I'm rocking baby to sleep, now it's your turn."</p> <p>-Body Parts - While holding/playing with infant, point to simple body parts while naming them. (Ex. Fingers, toes, eyes, nose, etc.). For older infants, gently take their hands and point to each body part as you name it. Can also sing songs like "Head, Shoulders, Knees and Toes" or "This Little Piggy."</p> | <p>-Sing Five Little Ducks (words can be found online)</p> <p>-Sing ABC's</p> <p>-Sing Five Little Monkey's Jumping on the Bed</p> <p>Singing to infants can be done while doing other tasks such as feeding, changing diapers and rocking to sleep. Making eye contact while singing/talking to your infant is important. Remember to read books even if you think your infant is too young or not paying attention. Hearing the words spoken and being exposed to literature is important.</p> | <p>-Washing Hands – Use soap and water to wash your infants' hands. When bubbles start to form talk about them or sing a song.</p> <p>-Bath Time – Add soap to the bath water to form a bubble bath. Pick up the clumps of bubbles and observe with your infant. Talk about what they are as you move them around</p> | <p>-During mealtimes, talk about fruits and vegetables as you are preparing/feed ing your infant. *Describe shapes, colors, textures and smell verbally to your infant.</p> <p>-Look at pictures of markets and/or read books about markets and apples.</p> | <p>-Fall Nature Walk – Go on a walk or look out the window to observe leaves falling. Hold your infant and describe what is happening to the leaves.</p> <p>-Sing Five Little Pumpkins (words can be found online and by searching on YouTube)</p> |

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| <p>Math and Science</p> | <p>-Dump and Fill (fill baskets/buckets with toys.) Encourage your infant to remove the toys from the container. Fill back up and repeat. For older infants, support with putting the toys back into the container before dumping again.</p> <p>-“Where’s Baby?” or “Peek-a-Boo” Use a lightweight blanket to cover your infant. Say “where’s (name)? and pull the blanket away. For older infants, explore object permanence by placing a toy under a blanket or basket. Ask the infant where the toy went before revealing its hidden location.</p> | <p>-Colored Ice Cubes and Water (use food coloring and water to create ice cubes.) Explore ice cubes in a small basin of water while supervising infants or on paper. Talk about how the ice cube feels/tastes.</p> <p>-Oil & Water Sensory Bags (squirt some oil in a zip lock bag. Add colored water and seal with tape) Encourage the infant to touch the bag to investigate the materials. Can be done during tummy time or taped to a door, wall or window for older infants</p> | <p>-Blender Bubbles (add soap and water to a blender or mixer to create a thick foam.) Add color to the foam mixture or explore as is. For younger infants, place mixture into Ziploc bags for a mess free tummy time. Older infants may want to explore the bubbles with their hands.</p> <p>-Blowing Bubbles – Blow bubbles while your infant is close by. Talk about how they float and disappear. For older infants, encourage reaching for the bubbles as they fall to the ground.</p> | <p>-Prepare a selection of fresh fruits and vegetables for mealtime. (For infants just learning to eat, purees and steamed food works too!). Encourage your infant to explore the foods with their hands.</p> <p>- Touching/Tasting Apples – Provide your infant with apples to touch, smell and taste. For younger infants, applesauce and for older infants, steamed apple slices.</p> | <p>-Mini Pumpkins in Water – Place mini pumpkins in a shallow basin of water. While supervising your infant, encourage them to touch, grab and move the pumpkins around with their hands. Discuss how they feel and move with your infant.</p> <p>-Box of Leaves – Collect leaves from outside and an empty box. Put the leaves inside the box for your infant to explore.</p> <p>-Shake Art – For older infants, collect pinecones or acorns for art. Place paper, paint and nature items into a sealed container. Encourage your infant to shake the container to make sounds. Remove the paper to reveal a one of a kind piece of art.</p> |
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| <p>Fine Motor and Gross Motor</p> | <p>-Mirror Play (tummy time/sitting/or standing) Place you infant in front of a mirror or place a small mirror in front of your infant. For older infants, describe what they are seeing as they look at their reflection. EX: There is Norah's eyes, nose and mouth. Norah is smiling!</p> <p>-Get the Toy - Encourage infants to reach, crawl or walk to get favorite toys</p> | <p>-Pick Up – Encourage your infant to use their hands to pick up smaller toys. For older infants, practice passing toys from one hand to another, reaching for pacifiers and holding bottles/eating utensils.</p> <p>-Rolling A Ball – Sit in the floor with your infant and roll balls. Younger infants will need support, but older may pick up and investigate the ball. For young infants, hold the ball out from their face and move from left to right and up and down to encourage tracking skills.</p> | <p>-Bubble Sensory Bottles – Add soap and water to an empty water bottle. Encourage your infant to reach and grab the bottle. For older infants, encourage them to shake the bottle to make bubbles.</p> <p>-Pouring Water/Soap – For older infants, create a small basin of water. While supervised, provide the infant with small cups. Model how to fill the cup and pour it out.</p> | <p>-Apple Sensory Bag (Ziploc bag, water, pom poms, tree drawing.) Draw and cut out an apple tree. Tape to the back of the clear Ziploc bag. Fill bag with water and red/yellow/green pom poms. Seal bag with tape. For younger infants, place on the floor for tummy time exploration. For older infants, model how to move the pom poms around with their fingers.</p> <p>-Basket-Ball – Gather different size balls and a basket/container. Toss the balls into the basket. Encourage your infant to do the same. Younger infants will grab the balls while older infants may attempt to toss the balls into the container</p> | <p>-Leaf Painting – Place leaves in a Ziploc bag with paint. For younger infants, seal the bag and place on the floor for tummy time art. For older infants, encourage them to use their hands, fingers and feet to move the paint around the leaves.</p> <p>-Leaf Play/Catch – Rake up a pile of leaves outside. Encourage your infant to move around and play in the leaves. For older infants, toss or drop leaves to encourage them to reach/grab/catch.</p> |
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Materials Needed

Mirror that you can sit in front of an infant or sit an infant in front of. Lightweight blankets
Ziploc bags, cooking oil, food coloring (optional) and materials from nature Basket/bucket, toys, baby dolls
Paint, paper, pom poms and chalk

*Substitute materials for things you have on hand if needed



Division of Child Care

Infant Activities 0-12 Months Part Two

| Development Area | Week One Pumpkins | Week Two Sensory Exploration | Week Three Farm Animals | Week Four Sensory | Week Five Additional Experiences |
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| Language and Reading | <p>-Read/sing "Five Little Pumpkins" with your infant. *Words can be found online.</p> <p>-Go on a walk around your neighborhood. Point out and describe any pumpkins you may see on your walk.</p> <p>- Familiar People Picture Books (photos of familiar faces) Look at pictures of family and friends. For older infants, create a picture book with photos of familiar people. Flip through the photos while pointing/naming each person</p> | <p>-Read touch and feel books. Describe how the book feels as your infant explores the textures with their hands.</p> <p>*Singing to infants can be done while doing other tasks such as feeding, changing diapers and rocking to sleep. Making eye contact while singing/talking to your infant is important. Remember to read books even if you think your infant is too young or not paying attention. Hearing the words spoken and being exposed to literature is important</p> | <p>-Sing "Old McDonald Had a Farm" with your infant. *Words can be found online.</p> <p>-Look at pictures of farm animals with your infant. Describe the animal as you look at the picture. For older infants, place/tape the pictures around a safe space for them to explore freely.</p> | <p>- Go on a walk around your neighborhood. Look for falling leaves. Describe what is happening and what the leaves sound like when blowing across the ground.</p> <p>-Look through books that have sounds. If you do not have books with sounds, look at pictures of animals and make the sounds each animal makes with your infant. For older infants, provide books like Brown Bear Brown Bear for your infant to explore. Talk about the color of each animal and make the animal sounds for your infant.</p> | <p>-Language Development- It is important to talk to an infant as much as possible throughout the day to foster language development. Talking and singing with your infant while preparing meals, changing diapers, doing bath time, etc. will expose your infant to new words every day.</p> <p>Have conversations with your infant! Tell them what you are doing and why. Watch for a response and continue the conversation. This back and forth starts laying the foundation for communication skills as your infant gets older.</p> |

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| <p>Math and Science</p> | <p>-Pumpkin Exploration - Explore pumpkins with infants by providing the opportunity to touch and roll the pumpkins around. For younger infants, hold a pumpkin and encourage them to touch it. For older infants, place small pumpkins in a basket/bucket and allow for open-ended exploration.</p> <p>-Mirror Play (tummy time/sitting/or standing) Place you infant in front of a mirror or place a small mirror in front of your infant. Provide a variety of pumpkins at the mirror to enhance the experience.</p> <p>- What is Inside a Pumpkin? - Cut a pumpkin and place the inside (pumpkin guts) into a sealed zip lock bag. Place the bag on the floor/highchair for your infant to explore</p> | <p>-Scented Play Dough – Search online for a simple play dough recipe. Use the play dough base and add different scents to create an enriched sensory experience. Pumpkin spice and cinnamon are great spices to start with. For older infants, provide cookie cutters or spoons for them to explore the play dough.</p> <p>-Full/Empty – Fill a basket, box or small container with toys. Talk to your infant while filling the container and say, “I’m going to make the box full of toys.” When you are finished, allow the infant a chance to observe the box. As they dump the box or empty it out, describe what they are doing. “Oh wow, it looks like the box is empty.” For younger infants, you can do the same concept with a bottle or food container as you are feeding.</p> | <p>-Counting Toes & Fingers – While holding your infant, touch and count their fingers and toes. For older infants, introduce “This Little Piggy” while playing with their toes.</p> <p>- Sensory Bags – Draw or print pictures of farm animals. You can also cut pictures from magazines. Place the pictures in a Ziploc bag with a filler (birdseed, rice, dried beans, grass, leaves, etc.) of your choice. Place in a location your infant can easily touch and explore. For older infants, give them the pictures and encourage them to drop the pictures into the bag.</p> | <p>-Light Box – Poke holes on one side of a large cardboard box. Stick lights (fairy lights/holiday lights) into each hole on the box. For younger infants, lay them inside the box on the floor with the lights on the top so they can look up at them. For older infants, they can sit inside the box as they reach for the lights. Close supervision is necessary to keep an eye on cords.</p> <p>-Shaker Sensory Bottles – Take an empty water bottle and fill halfway with rice, rocks, acorns, beads, etc. Glue lid closed and encourage infants to shake the bottle to hear the sound it makes. For younger infants, shake the bottle while holding them and describe what you are doing.</p> | <p>-Math Concepts- Using math talk with infants can enrich simple everyday experiences. We use math every day without realizing it. Talking math with your infant during routines can help lay a strong foundation for mathematical understanding, as they get older.</p> <p>During normal care routines such as diapering, feeding times, bath and doing things such as going on walks, take time to point out different shapes, colors, sizes, etc. Discuss how things are different as you are shopping. For example: “This apple is green, and this apple is yellow.” “This box is heavy; I wonder if the small box is lighter?”</p> <p>While you may feel like your infant does not understand what you are talking about, the exposure to the language and objects is helping them develop math skills that will help them be successful, as they get older.</p> |
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| <p>Fine Motor and Gross Motor</p> | <p>-Pumpkin Obstacles – For mobile infants, place some pumpkins on the floor/ground. Encourage your infant to move around the pumpkins and use them to pull up.</p> <p>-Get the Toy - Encourage infants to reach, crawl or walk to get favorite toys.</p> <p>-Paint Pumpkins - Print or draw a pumpkin on white paper. Slide the picture into a zip lock bag. Add some yellow and red paint. Encourage older infants to use their fingers to move the paint around. For younger infants, place on the floor for a tummy time experiences.</p> | <p>-Pick Up – Encourage your infant to use their hands to pick up smaller toys. For older infants, practice passing toys from one hand to another, reaching for pacifiers and holding bottles/eating utensils.</p> <p>-Rolling A Ball – Sit in the floor with your infant and roll balls. Younger infants will need support, but older may pick up and investigate the ball. For young infants, hold the ball out from their face and move from left to right and up and down to encourage tracking skills.</p> | <p>-Out of the Box – Put toys, tissues, paper pieces, etc. into a small box (tissue box) with a hole big enough for your infant to stick their hand in. Give your infant the box and encourage them to use their fingers and hands to retrieve the items out of the box.</p> <p>-Get the Toy - Encourage infants to reach, crawl or walk to get favorite toys.</p> <p>-Tummy Time – Place your infant on their tummy for a few minutes each day. This provides the opportunity to strengthen muscles in the arms, neck and torso. For older infants, place toys within reach as they begin to lift their heads up and look around.</p> | <p>-Reaching for Toys – Encourage your infant to reach out for toys. You can do this by holding a toy out from a younger infant or hanging a toy on an infant play mat. As your infant becomes more mobile, place toys around them in a circle to encourage them to shift their bodies to get the toys.</p> <p>-Pick Up – Encourage your infant to use their hands to pick up smaller toys. For older infants, practice-passing toys from one hand to another, reaching for pacifiers and holding bottles/eating utensils.</p> | <p>-Tummy Time- Daily tummy time sessions provide your infant with opportunities to develop muscles in the neck, shoulders, back and arms. Tummy time is important to meet developmental milestones.</p> <p>Start tummy time with your infant as soon as you get home from the hospital. For newborn infants, start with just a few minutes a day spread out over the course of the day. This can be done on your chest after feeding times or on a flat surface free of toys and blankets. Never leave your infant during tummy time sessions.</p> <p>Build on tummy time sessions as your infant ages. Sessions can be longer, and you can add toys over time to enhance the tummy time sessions.</p> |
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Materials Needed

Mirror that you can sit in front of. Ziploc bags, empty bottles (clear) and materials from nature Basket/bucket, toys, baby dolls

Paint, paper and tape

Flour, oil, food coloring (optional) and spices Large box and holiday lights

Pumpkins (variety of sizes)

*Substitute materials for things you have on hand if needed