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| A close up of a logo  Description automatically generated | Matrix Early Head Start Child Care Partnership  **30-days of developmental activities**  **INFANT** |
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| --- | --- | --- | --- | --- | --- | --- |
| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|  |  |  | 1 | 2 | 3 | 4 |
|  | **Babble Time** | **Pull to Stand** | **Pots & Pans** | **Watch Me Cruise** | **Laundry Basket Stroll** | **Turning Pages** |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | **Taking Steps** | **Tip Me Over** | **Body Parts** | **Over/Under** | **Poke, Push, Point** | **Tunnel Time** |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| **Animal Sounds** | **Imitation Game** | **Tummy Time Play** | **Baby Sit Ups** | **Grasping Game** | **Flashlight Game** | **I Know My Name** |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| **I Smile, You Smile** | **Let’s Crawl** | **I Can Sit** | **Pick it Up** | **Straw Cups** | **This Little Piggy** | **Messy Food Play** |
| 26 | 27 | 28 | 29 | 30 |  |  |
| **Pick It Up** | **Textured Objects** | **Peek-a-Boo** | **Help Me Roll** | **Rock the Boat** |  |  |
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| Notes | Are you looking for activities to do with your child that will help encourage their development while still being fun? We have just the list for you. Our Developmental Activity A Day Guide includes 30 activities you can do with your Infant 0-12 months. |



3/30 Babble Time - Play babbling games with your child face to face or while looking into a mirror together. Repeat sounds your baby currently makes and make new sounds to see if you baby can repeat you.

**Skills: Receptive/expressive language, socialization.**

3/31 Pull to Stand - By now your baby is ready to start pulling up at low furniture. Use overturned cardboard boxes or an overturned laundry basket and place toys of interest on top and encourage your child to pull up on knees and eventually stand to obtain the toys.

**Skills: Gross motor, weight shift, weight bearing, strength.**

4/1 Pots & Pans - Babies love to make noise. In some low cupboard place pots, pans and wooden spoons that babies can use to bang on, stir in and make noise.

**Skills: Fine motor, cognitive.**

4/2Watch Me Cruise - When your baby is able to pull to stand on her own, begin to place toys just out of reach to the left and right sides and encourage her to take steps sideways to secure the toys.

**Skills: Gross motor, stepping, weight bearing, cruising, weight shift, balance.**

4/3 Laundry Basket Stroll - Fill a laundry basket with heavy items such as book and allow your child to push it around the floor on a smooth surface to practice supported walking.

**Skills: Gross motor, walking, balance, coordination, strength.**

4/4 Turning Pages - Using cardboard board books, help your child turn pages as you name pictures in books.

**Skills: Fine motor, cognitive, language.**

4/5 Body Parts - Touch, kiss, tickle or pop bubbles on your baby’s hands, feet, tummy, nose as you name body parts for him.

**Skills: Cognitive, receptive/expressive language.**

4/6 Taking Steps - Instead of holding your baby’s hands while he is stepping, kneel down so you are close to your baby and hold a broom or mop sideways in your hands. Get your child to grasp onto the broom handle and then slowly knee walk backwards as your baby takes forward steps toward you while holding the broom handle for support.

**Skills: Gross motor, stepping, weight bearing, weight shifting, balance, coordination.**

4/7 Tip Me Over - Sit your child on your lap and gently tip him from side to side encouraging him to bring himself back up into a tall sitting position.

**Skills: Gross motor, trunk strengthening, balance, body righting.**

4/8 Body Parts - Touch, kiss, tickle or pop bubbles on your baby’s hands, feet, tummy, nose as you name body parts for him.

**Skills: Cognitive, receptive/expressive language.**

4/9 Over/Under - Let your child crawl and/or walk over cushions, pillows and under tables, chairs, etc to challenge their balance and body in space awareness.

**Skills: Gross motor, weight bearing, body in space awareness, motor planning.**

4/10 Poke, Push, Point-Encourage finger isolation by using toys with buttons that require pushing and poking. Cell photos work too.

**Skills: Fine motor, finger isolation.**

4/11 Tunnel Time - Make a tunnel using furniture or use a store-bought play tunnel. Have an adult sit at one end and encourage your child to crawl through and greet them at the other end.

**Skills: Gross motor, motor planning, social games.**

4/12 Animal Sounds - Sing songs like old MacDonald or make animal sounds in response to pictures in books or stuffed toys. Encourage your child to imitate these fun sounds.

**Skills: Receptive/expressive language, imitation.**

4/13 Imitation Game - Hold your baby in front of you so he/she can clearly see your face. Stick out your tongue & be amazed at how even newborn infants can imitate this facial gesture!

**Skills: Imitation, eye contact, visual attention, socialization.**

4/14 Tummy Time Play - Place baby on the floor on a blanket or lie down with baby on your chest facing you. Encourage baby to raise his/her head/chest in response to the sound of your voice, the sight/sound of toys or the sight of himself/herself in a mirror.

**Skills: Trunk/neck strength, sensory input, receptive language, visual fixation/following.**

4/15 Baby Sit Ups - Place baby on blanket facing you. Support baby under his arms, neck/head and says “one, two, three, UP WE GO!” and pull baby to a supported sitting position. As baby’s neck muscles get stronger you can give less support & let him do more of the work himself.

**Skills: Gross motor neck, trunk strength & head control, socialization.**

4/16 Grasping Game - Babies have a reflex that allows them to hold your finger or small toys. Place your finger or a small connector ring (from a baby gym or mobile) into your baby’s left hand & then his right. See how he is able to grasp onto your finger or the ring and how long he holds on before letting go.

**Skills: Fine motor grasp, tactile input to hands.**

4/17 Flashlight Game - In a dimly lit or dark room, turn on a flashlight. Don’t shine it directly in baby’s eyes but shine it to his left/right side and above his head or slowly move it across a wall to see if he fixates on it and tries to follow the light.

**Skills: Visual fixation, following, attention.**

4/18 I Know My Name - Help your baby learn his name using it frequently. Make up songs using your baby’s name or insert his name into stories. Using a consistent name or nickname helps baby learn his name, using multiple names or nicknames can be confusing for a baby.

**Skills: Listening, name recognition, language, social skills.**

4/19 I Smile, You Smile - At first a baby’s smile may be reflexive, such as when sleeping. But soon she will begin to smile socially. Establish eye contact with your baby and smile often! When she smiles, you can help but smile back and call attention to it, which will help her learn to smile again!

**Skills: Socialization, imitation.**

4/20 Let’s Crawl - Place toys just out of reach of your baby and encourage a hand-knee position. You can help your baby assume this position if needed and even place your lower leg under his tummy if he has trouble maintaining this position. Gently rock back and forth and side to side to help your baby shift his weight, reach for toys and begin to crawl reciprocally.

**Skills: Gross motor, strength, fine motor, reach, sensory, weight bearing.**

4/21 I Can Sit - By about 8 months many babies can sit independently with their hands free to play. Help your baby to get into and out of a sitting position by rolling your baby to his side and placing your one hand under his shoulder and your other hand on his opposite hip and guide him upwards into sitting instead of picking him straight up. This is easy to do after each diaper change. To get out of sitting have your baby rotate to the side and put both hands on the floor as if to go into a hand-knee crawling position and guide him gently to the floor.

**Skills: Gross motor, transitioning in/out of sitting, balance, body rotation.**

4/22 Pick It Up - Pick it Up-Babies are starting to use their fingers and thumb to secure tiny objects, working toward a neat pincer grasp. Place single puffs or Cheerios on their highchair tray and encourage them to use fingers and thumb to secure them.

**Skills: Fine motor, refining reach and grasp.**

4/23 Straw Cups - Straw Cups-Babies as young as about 7 months can learn to drink from a straw cup. Straw cups promote a more mature oral motor pattern than sipper cups. You can start with a juice box and using juice or water, squeeze a bit into the straw as you encourage your baby to suck. It will take a while for them to get the hang of this new skill, but once they learn to use a straw there is no need to go backwards to using a sipper.

**Skills: Self-feeding, oral motor strengthening**

4/24 This Little Piggy - This Little Piggy-Use this nursery rhyme while you play with and massage baby’s toes and feet.

**Skills: Body awareness, listening, receptive/expressive language, sensory.**

4/25 Messy Play Food - Messy Food Play-Place a large tablecloth under your child’s highchair during meals. Encourage use of fingers and messy play during eating instead of constantly wiping your child’s face and hands. This is an important developmental skill.

**Skills: Self-feeding, tactile & oral sensory.**

4/26 Pick It Up - As babies start to understand cause/effect and object permanence they will start to drop toys, bottles, food off their highchair trays. This often becomes a fun game & although some parents tire of it quickly, it shows that a baby has learned an important skill.

**Skills: Cognitive, cause/effect, object permanence, fine motor, reach, grasp, voluntary release.**

4/27 Textured Objects - Let him play with different texture objects and hold them—to enhance his grasp: plastic things from the kitchen, pots and pans, sponges, paper, empty tins with lids, velvet, fur, lace, toweling, cardboard, fine sandpaper etc.

**Skills: Fine motor, sensory, tactile exploration.**

4/28 Peek – A – Boo - Peek-a-Boo-You can begin this game with your baby at a young age, by covering your baby’s face gently with a cloth and then quickly pulling it off and smiling as you say, “peek a boo!” As your baby gets older, she will be able to pull the cloth off her face herself. You can also play by covering your own face with the cloth and then you or your baby can pull the cloth off.

**Skills: Object permanence, separation, socialization, language.**

4/29 Help Me Roll - Place your baby on her tummy on a blanket on the floor, place toys to her side and attract her attention visually. If she does not attempt to roll off her tummy in order to reach toys, gently lift a corner of the blanket to give her the momentum she needs to roll from tummy to back. Most babies roll tummy to back first and it is usually accidental the first few times.

**Skills: Gross Motor, trunk, neck, arm strength, Cognitive, motivation.**

4/30 Rock the Boat - Place your baby in a hand/knee position over your lower leg, so your leg supports his tummy. Gently rock your baby back and forth in this position and sing “Row, Row, Row Your Boat” to get your baby used to weight bearing on his hands and knees which he will need for crawling.

**Skills: Gross Motor, weight bearing, sensory, balance, strength.**