INFANTS

AWARE, CARE, & SHARE™

Learning Care group

Learning at Home

Week of:

May 18, 2020

Let's Get Started!

We're thrilled to share some fun ideas for you to do with your infant this week. **Exploration** activities will be a time to learn and develop the brain. **Social-Emotional** activities will help build self-awareness and self-esteem. **Movement** activities will help build muscles and motor control. **Language** activities will help develop communication skills.

Exploration Activity

Fill and Dump

1. Gather a few small cups, and a large dish with sides (cake pan). Find some material that your baby can use to fill a cup and dump (infant cereal, water, etc.).
2. Show your baby how to fill the cup with the material that you chose. And then dump it out.
3. Allow your baby time to explore. Are they able to fill the cup up and dump it?

*Be sure to closly supervise this activity

Social-Emotional Development Activity

Play Ball!

1. Place several balls of different sizes between you and your baby.
2. Pretend to reach for a ball. Then bring your hand back.
3. Ask your baby to hand you a ball. If they hand it to you, pretend to give it back, but bring it back to you. Make it a game. If your baby can't hand you the ball, hand the ball to them, and bring it back before they can grab it. Do let them get the ball on occasion.
4. Keep going as long as your baby is having fun.

Movement Activity

Stretching Time!

1. With your baby laying on the floor, stretch your own hands above your head.
2. See if your baby can copy your stretch. If not, gently move each arm above their head to stretch a little.
3. Continue doing other stretches with their arms or legs, as long as your baby seems to enjoy it.

Language & Communication Activity

What Do You Say?

1. Make eye contact with your baby.
2. Sing a song that includes their name. If you don't know any, make one up.
3. Watch to see how they respond to you. Does your baby smile? Can your baby make any cooing noises or other sounds as if trying to sing along or talk back to you?

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