INFANTS

AWARE, CARE, & SHARE™

Learning Care group

Learning at Home

Week of:

March, 23, 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

Reaching for a Toy

1. With your baby laying on his/her tummy (or sitting up if able), gain their interest in a toy by shaking it or talking about it.
2. **Place the toy just out of reach. What does your baby do?**
3. Encourage your baby to reach for it or see if they can move towards it to pick it up.

Social-Emotional Development Activity

Mirror, Mirror

1. Sit with your baby in your lap, or place your baby in a position where they can see into a mirror.
2. **Use the mirror to look at your baby.**
3. If your baby is making different facial expressions, copy them. If not, make a facial expression to see if they can copy you.

Movement Activity

A Little Banging

1. Place a pot or cookie sheet on the floor in front of your baby.
2. Give your baby a spoon and show them how to hit the pot with the spoon to make a noise.
3. **Does your baby use the spoon to make noise?**
4. Allow your baby to explore the spoon and pots.

Language & Communication Activity

I'm Calling You!

1. Place your baby on the floor on their back.
2. Walk somewhere where your baby can see you and call their name.
3. Then walk to an area where your baby can't see you and call their name.

Does your baby look for you or make any sounds?