

Learn Through Play

Sunday

1 While at the grocery store, take time to feel the cold items in the freezer and smell items in the deli or bakery.

8 Sing "This Little Piggy" to your baby. Run your fingers up his belly and tickle him when you get to the last toe.

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22 Repeat sounds that your baby makes, like "da-da" and "ooh." Language development starts at birth.

29 Arrange several cushions on the floor for baby to crawl over and around.

Monday

2 Put some rattles in a small container. Let your child dump it out and fill it again and again.

9 Place $\frac{1}{4}$ " of water in a small wash basin. Sit with baby and gently splash the water. Give her a boat to float!

16 It's never too early to start reading to baby. Choose simple picture books and talk about what you see.

23 Practice standing with your older baby by holding onto her hands with her feet on the ground.

30 Find fabrics of different textures and glue to pieces of cardboard, then tie together to create a book. Name the textures as your baby touches them.

Tuesday

3 Stuff a small scarf into a tissue box leaving a little sticking out. Encourage baby to grab and pull the scarf.

10 Hold baby's hands while sitting and gently rock back and forth singing "Row, row, row your boat."

17 Hold baby and stand in front of a fan to feel the breeze. Hold a ribbon in the breeze and watch it flutter.

24 Tickle your baby's feet with your fingers and run them slowly up his body to his chin. Giggle and laugh with him.

31 Read! Read! Read with your child!

Wednesday

4 Talking to and explaining things to baby will encourage language skills even if he can't respond—so chatter away!

11 Look at a book or magazine together. Allow baby to turn the pages. Talk about what you see.

18 Fill plastic water bottles with half water and half oil. Add food coloring and put lid on tight.

25 Imitate your baby's sounds. Baby will repeat sounds to hear you mimic him. This encourages language and social skills.

Thursday

5 Fill a small plastic bottle (medicine bottle with childproof cap) with rice or small beans and let baby shake it.

12 Place a blanket on the floor and lay down next to baby to see from her perspective.

19 With baby in a sitting position, roll a ball back and forth.

26 Sing lullabies and tell your baby nursery rhymes.

Friday

6 Give baby tummy time for a few minutes every day. This strengthens arms and back muscles for later crawling.

13 Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing in the wind.

20 Tummy Place your baby gently on his stomach for 15 minutes. Give him toys to reach for.

27 Print photos of family members and glue, them to construction paper to make a homemade book for baby to look at.

Saturday

7 With baby lying on her back, place an open book next to her head so she can see the pictures. Talk about them.

14 Pretend to use blocks as phones. Call each other and have a conversation.

21 Put toys just out of reach for your baby. This encourages her to begin rolling over and crawling.

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Monster Bubbles

Combine 6 cups of distilled water, $\frac{3}{4}$ cup light corn syrup, and 2 cups dishwashing liquid.

Let solution sit for four hours before using.

Use different sized bubble wands to make bubbles big and small!