

RESOURCES FROM SAVE THE CHILDREN

FEBRUARY ACTIVITY CALENDAR: PRENATAL TO AGE 2



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

Stop, go, fast, slow. Play a game of “Stop and Go.” Move fast and slow.

Play and sing. Play lap games and fingerplays together. Sing nursery rhymes and made-up songs with your child.

Start a marching band! Gather pots, spoons and cups and march around the house making music. Take turns being the leader!

Kitchen rhymes. Rhyme with kitchen words. “See you soon, spoon!” “Jump up, cup!” “Can you cook, book!” What other kitchen words can you rhyme?

Smooth transitions. Use transition words like into, under, around, above and between to describe what you’re doing in the kitchen. “I just put the mustard behind the ketchup.”

WEEK 2

Choo-choo! As your child watches, line up several objects to make a “train.” Then suggest using different things like blocks, spoons or shells. Ask questions about the train your child makes.

Picture story time. Look at old family pictures with your child. Tell simple stories as you look at the pictures about what was happening when the picture was taken.

Little helper. Give your child opportunities to be a helper, like wiping the table, stirring pancake mix or sweeping the floor. Talk about what they are doing and celebrate how helpful they are.

Show me. When looking at books, ask your child to find an object in a picture. Take turns. Let them ask you to find an object in a picture.

I wonder where... Ask your child where things occur: “Where do you eat breakfast?” “Where do we read books?” Ask them to find items in different rooms, for example shoes in bedroom, cup in kitchen.

WEEK 3

Copy cat. During diaper changes, encourage your child to copy various gestures and facial expressions: a frown, a fish face, blowing a kiss, clapping, etc.

Let’s talk... At dinner or bedtime, talk with your child about their day. Share what made you happy. Ask what made them happy. Repeat with other feelings: sad, mad, frustrated, surprised, etc.

Follow me! Follow each other’s moves! Jump. Twirl. Leap. Spin. How else can you move?

Play “I Spy.” Say, “I spy with my little eye a _____,” encouraging your child to locate the object you’ve described. Take turns. Also, try “spying” things you hear.

Pretending. Play pretend with a stuffed animal/doll. Show and tell what the doll is doing (sleeping, eating, crying). Ask your child to make the doll do things you request. Take turns.

WEEK 4

Try, try again. Put an object into a lidded container. Ask your child to retrieve it. If their first attempt doesn’t work, say, “Try another way.” This suggests they have the ability and encourages them to keep trying.

Taking turns. Reading books is great for turn taking. Switch who turns pages, comments on pictures or says the words. Next, try alternating lines of favorite songs and nursery rhymes.

B-ball fun! Make a “hoop” with your arms. Encourage your child to toss a soft ball into the “basket.” Celebrate when they make a basket by saying, “Score! You did it!”

Thanks, helper! Give simple directions, such as “Can you get the brush?” or “Give me your shirt, please.” Point or offer assistance, if needed. Say, “What a big helper. Thanks!”

Pattern play. Talk about sizes, shapes and patterns. “Look at the pattern on your shirt! It goes: narrow blue stripe, wide green stripe. What comes next? What other patterns do you see?”

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Your baby's brain is growing so quickly! Our friends at Vroom share more activities and the science behind them.

WEEK 1 FOOD RHYMES: During meal or snacktime, create a rhyme or a rap about what your child is eating: "No slice, no dice, we eat rice!" or "You're no rookie, eating your cookie." They'll enjoy the sound of the words and if they respond, make rhymes from their words too.
Brainy Background: When your child hears you rhyming, and when you go back and forth making up more rhymes, they're learning to listen to the sounds of words, which is critical to communicating and pre-reading skills. Making up rhymes can also make mealtimes more fun.

WEEK 2 INS AND OUTS: At the market, point out the ins and outs with our child. Are the groceries IN the cart? Is a worker taking fruit OUT of the box? Did you put food IN a bag? Are you walking OUT the door? Play often enough and they will get it and find ins and outs on their own.
Brainy Background: You're helping your child begin to think and talk about where objects are in relationship to one another. This helps them organize their understanding of the world. It takes time to develop, but it is important for doing math in the future.

WEEK 3 BATHTIME ABCs : Is your child starting to babble? Use bathtime as an opportunity to babble about the letter B. If they say, "ba," you can say, "Baby takes a bath with bubbles! Ba-ba-ba!" If they respond with more babbles, copy them right back! What other words can you make from their babbling sounds?
Brainy Background: You're helping your child develop communication skills when you respond to their sounds with sounds of your own, building on their babbling to create words. They're also learning to engage in the back and forth conversations that are basic to relationships and learning.

WEEK 4 WHAT'S NEXT? Boost your child's independence by asking them questions instead of telling them what to do. If you're getting ready to leave the house, instead of telling them to put shoes on, try something like, "I see your socks are on. What comes next?"
Brainy Background: Asking questions helps your child think before acting. This takes focus and self-control. Your child must stop what they might want to do so they can reach their goal. This is true for even something as simple as putting on shoes.



PARENT AND CAREGIVER CORNER

Coping, connecting and celebrating while pregnant. When you are pregnant, the little one growing inside of you can also benefit from the activities you are doing on this calendar with your other child(ren)! All of the voices, laughter, music and sounds fill the baby's cozy corner, as well. In fact, you are helping build the brain of your little one with every word you say (or sing).

Also, remember that in times of stress or worry, you are the buffer between your baby and any anxieties that might come your way. So be sure to make time to connect with friends and family, telling them what you are going through and celebrating your milestones together. Even though we must be physically distant, we can be socially connected by phone and Zoom calls. All of these memories leading up to your new baby's arrival can make the experience even more special. **We're all in this together, even the littlest among us!**

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