

RESOURCES FROM SAVE THE CHILDREN

# JANUARY ACTIVITY CALENDAR: PRENATAL TO AGE 2



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### WEEK 1

**Bottle lid match.** Gather a couple empty plastic bottles and lids for your child to practice matching. Increase the challenge by adding lids of different sizes to choose from.

**Scavenger hunt.** Make a list of 3 items for your child to find, for example: something round, a flower and something that smells good. Change and expand items as your child's interests grow.

**Silly walk!** There's nothing like silly walks to make everyone giggle. Try waddling like a duck, bouncing like a bunny, flying like a bird or swimming like a fish.

**Simon Says.** Use easy commands for toddlers. For example: Simon Says wiggle your fingers; Simon Says clap your hands; Simon Says touch your nose. What will you have Simon Say?

**How many?** When reading books, count the objects in the pictures. How many flowers do you see? How many are there in total? Can you find the number on the page?

### WEEK 2

**Paper tube play.** Pull a scarf through an old paper towel tube. Drop a ball down it. What happens? What kind of music can you make? What creative things can you do with the tube?

**Make believe.** Play pretend with your child. When they offer a pretend drink, ask for ice. Call them on their pretend phone to order pizza. Develop a story and encourage imagination.

**Paper ball soccer.** Scrunch up some paper or foil into a ball. Set up 2 chairs as goal posts, and off you go! Use your feet first, then try rolling the ball with your hands.

**Silliness!** Make up silly rhymes like, "The bed's on their head" or use nonsense words like, "Let's skidaddle." Try a silly song verse, "On his farm he had a pickle" and ask silly questions, "Do puppies wear pajamas?"

**Learning action words.** Throughout the day, name everyday actions. "I'm washing my hands." Next, when reading, describe pictures with actions and point. Then, name actions in pictures and imitate with your child.

### WEEK 3

**Home improvement!** Make a box with household tools, like sponges, paintbrushes or a small broom. Your child can pretend to sweep, paint or clean. Talk about their actions: "That floor is looking good!"

**Indoor driving.** Arrange chairs to make a car. Have your child make car noises as they drive. Ask, "Where are we going?" Invite dolls and stuffed animals to come along for the ride.

**Catch the ribbon.** Grab a ribbon that is a couple feet long and run around outside with the ribbon trailing behind you. Encourage your child to catch the ribbon.

**What's that?** Point to clothing, toys, body parts, objects or pictures and ask your child to name them. If they don't respond, name it and encourage them to imitate.

**How many?** Tour your home and count the windows. Then count the doors. Point or touch as you count. What else can you count?

### WEEK 4

**Shell game.** While your child watches, slowly cover a toy with a cup. Do they lift the cup to find the toy? Once mastered with one, try two, then three cups.

**I see me!** Toddlers enjoy looking at old pictures of themselves. Tell simple stories about them as you look at the pictures. Talk about what was happening when the picture was taken.

**Hop like a frog.** Using couch cushions or pillows as lily pads, be a frog who must step, jump, hop or leap from pad to pad.

**Show me.** Ask your child to find objects in the pictures as you look at books together. Take turns. Let them ask you to find something.

**Just one!** Have your child help set the table, putting one fork on each plate. Or line up trucks, putting one block in each truck. Help as needed.

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**vroom**™

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

## WEEK 1 LAUNDRY SORT

During laundry time, pull out a single sock and see if your child can find a match for it in the laundry basket. Once they get it, let them pull out a sock and you find the match. Talk about the clues you use to find the match.

**Brainy Background:** Your child is figuring out what's the same and what's different. This is an important early math skill that they'll use to organize their thinking and solve math problems later in school.

## WEEK 2 CLEANING TOGETHER

Turn cleaning into a game. Give your child a clean, almost-dry sponge and ask them to help you wipe off a surface you're cleaning. Ask them to wipe it clean in long lines from top to bottom. Then try making a zigzag. Then circles. See what they think of, too!

**Brainy Background:** Doing grown-up work can make your child feel very proud of themselves and their accomplishments. In addition, they're learning how to take care of the things in their life, while learning new words, too!

## WEEK 3 READ TO ME

Share a picture in a book, magazine or news article with your child. Be sure to point at what you're looking at and chat about it. For example, "Look at the blue shirt the lady is wearing – I have one, too!" Or, "This is a picture of diapers, like the ones you wear." Let them pick the next picture and talk about what you see together.

**Brainy Background:** Around age 1 or later, babies start to understand that pictures represent real things. As you connect pictures and real things – especially things they know – you help them understand symbols. These chats are a critical step in learning to read later.

## WEEK 4 WHERE IS IT?

As you play with your child, take a toy or safe object and hide it as they watch you. Ask them, "Where is it?" and let them find it. Then ask them if they can hide it and you find it. Create a cheer to use when each of you finds the toy and keep taking turns.

**Brainy Background:** When your child watches you hide their toy and then finds it, they're focusing and using their memory. When they hide the toy, they're imagining about how you might think so they can find a tricky hiding place. These skills are important in learning.



## PARENT AND CAREGIVER CORNER

**A new year and lots of new milestones for your little one!** Wow, there are so many things that are new when you're baby. Every single experience you have when you are young is new. As adults, we can recall our significant first things. As parents, it is likely that we will recall lots of firsts for our baby. But we cannot reflect on the first time we felt sun on our face, grass on our feet, heard music, a barking dog, or a loving voice. Remember to use as many words as possible to describe what your baby might be feeling during these firsts. It will strengthen their vocabulary and make the experience even more special. And during these times that maybe you're not seeing all of your family members, take as many videos and pictures as your phone can hold, this will make catching up all the more special when we can be together again. Hang in there, you and your baby. Next year, there will be so many more milestones to celebrate! **Remember, we're in this together.**

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