

RESOURCES FROM SAVE THE CHILDREN

MARCH ACTIVITY CALENDAR: PRENATAL TO AGE 2



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Offer choices. Choices give your child a sense of control. At snack time, ask: “Do you want a banana or cracker?” During play, give choices in toys. Start with 2 choices!	Pretend phone. Use an object as a make-believe telephone to “call” familiar people. Pretend to call grandparents, friends, etc. Hand the “phone” to your child and encourage them to talk.	Stick time! Place a stick on the floor. Encourage your child to explore different ways of moving over it – stepping, jumping, running, etc. Talk about how you did it!	Get expressive! Make up hand motions for your favorite rhymes/songs. Hold your child’s hands so they can mirror you. Use a big, expressive way of speaking or singing as you play.	Laundry helper. While you’re doing laundry, ask your child to help. Invite them to sort clothes into dark and light colors.
WEEK 2	Silly, sillier, silliest! Make a silly face and ask your child to make it, too. Then ask them to make a sillier one for you to copy. Take turns. Whose is the silliest of all?	Kindness matters. Help children show kindness. If someone is sad, say, “They might feel better if you let them hold your bear.” Reinforce their efforts. “Look, they’re smiling. Thanks for helping them feel better.”	Tummy time! Use “tummy time” to develop important muscles. Encourage your child to reach with each arm. On their back encourage them to bring both arms to the middle.	Texture talk. Talk with your child about how clothes feel. “We’re both wearing shirts. Mine is smooth; yours is wrinkly.” Take turns using as many words as you can to describe the textures.	Compare and share. When your child is drawing, notice and compare different sizes. “What’s the biggest thing in your picture? What’s the smallest? This line is so much longer/shorter than that one.”
WEEK 3	Move to the music! Put on music and copy your child as they move. When they stop, dance as they watch you. Try creating a back-and-forth dance, taking turns copying each other.	Noting emotions. Observe the range of emotions your child uses to communicate their feelings. Acknowledge and talk about their feelings. “You’re frowning; you seem mad,” or “You’re laughing; I think you’re happy!”	Blocks are the best! Stacking blocks teaches about stability, balance and measurement. When blocks topple, children learn problem-solving and persistence. Notice size, shape and color while building. Set up questions, “What happens if...?”	Stories in suds! Tell a made-up story during bath time. Say things like, “First they washed their hair,” as you wash their hair. Now add a twist, “Then... they splashed in the water!”	Name that color! Stuff some colorful socks or scarves into an empty tissue box or paper towel roll. Let your child pull out one at a time. Talk about the color of each item as it’s pulled out.
WEEK 4	Dusting fun! Give your child a cloth and encourage them to “dust” objects with you around the house. Use encouraging words like, “Look at how clean that is!”	Mirror, mirror on the wall. Stand in front of a mirror and make funny faces together. Point to your child’s body parts and name them, like “Where is your nose? Where is your ear?” Take turns.	Fast/slow race! Find a starting line and count together, “1, 2, 3. Go!” As you get going, call out “slow!” or “fast!” How fast/slow can you go? Take turns.	Magazine play. Point to pictures in magazines that your child will recognize – for example, toothpaste, diapers, pets or cars. Ask, “What is this? Do we have this? What do we do with this?”	Understanding order. Use words to show that things happen in order. “First, put on your pajamas. Second, brush your teeth. Third, we read a story together.”

RESOURCES FROM SAVE THE CHILDREN

MARCH ACTIVITY CALENDAR: PRENATAL TO AGE 2



Powered by
vroom™

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

WEEK 1 TEXTURE TIME: As you change your child, talk about the things you're using and how they feel. Talk about the wet wipe, the soft pad or whatever is handy. Watch where they're pointing, and talk about that, too. "That's the bed. It's soft," or "This is the diaper. It's smooth!"
Brainy Background: When your child hears and sees new ways to describe everyday things, they're making new connections in their brain that will help them talk and read in the future.

WEEK 2 BIG HUG, LITTLE HUG: When it's time for a hug, ask your child if they want a big hug or a little hug, and then do what they ask. Then you take a turn and say whether you want a big or little hug. You can add other words, like a wiggly hug or a quiet hug.
Brainy Background: The sense of touch is calming and comforting to your child. These hugs not only make your relationship stronger, they also allow you to share new words and concepts with them, like big and little.

WEEK 3 TUMMY DRUM: When your child is on their back, gently pat their tummy. Sing a favorite song and tap along to the beat on your baby's tummy. Try patting fast and slow. Do they smile or kick? Keep going as long as they seem to be having fun.
Brainy Background: When you share different sounds and sensations with your child, you're introducing them to concepts of math, rhythm and music. Connecting with them by touching and talking helps them feel safe and taken care of, laying a strong foundation for learning and growth.

WEEK 4 TASTE AND TOUCH: Offer your child objects that are safe to put in their mouth, like wooden spoons or plastic cups. Talk about what they're doing as they put the objects in their mouth or move them. Even if they can't yet speak, they're supported by your voice and interest in their actions.
Brainy Background: At this age, one of the most important ways your child learns about the world is by exploring objects with their mouth. As you talk about what they're doing, as well as the color, shape and size of objects, you're sharing vocabulary to use for these experiences.



PARENT AND CAREGIVER CORNER

Stress Busters! When you're pregnant or a new parent, creating a mantra can reduce stress. Mantras are simple phrases you can recite to yourself to change how you're thinking about a situation. Find a simple mantra that you can repeat at any time to ease your fears. Think of an encouraging statement like, "I'm ready to have a new baby" or "I'm becoming the best parent I can." Once you choose a mantra, say it to yourself silently over and over, whenever you begin to feel stress come on.

That said, being told to make sure you have time to relax and recharge, even creating a mantra, can make some parents feel even more stressed or overwhelmed, like trying to fit one more thing into a busy schedule. Try thinking about it this way: Stress busting can also come in the form of giving yourself grace. When you make a mistake or parent in a way that you don't feel good about, use it as a model for yourself and your child. You can say things like, "I'm going to reframe the way I think about this." Or, "I'm sorry, that isn't what I meant to say. I'm going to try again." This shows that we all make mistakes and when we do or say something we wish we hadn't, we can start over. This gives you the personal or parenting grace you might need at the moment, while also modeling for your child a way to handle mistakes. **Remember, we're all in this together!**

To find more Vroom Tips™, visit [Vroom.org](https://www.vroom.org).

Published March 2021