

RESOURCES FROM SAVE THE CHILDREN

MAY ACTIVITY CALENDAR: PRENATAL TO AGE 2



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Match opportunities. Getting dressed is full of opportunities for learning and practicing new skills. Help your child find matching socks, match items by color, and find matching clothes to put on.	Talking for good. Kiss, hug, and talk to your baby/toddler. Admire the things they do – and tell them! How you talk to them now has an impact on their self-esteem and ability to learn!	How can you move? Try rolling, crawling, scooting, cruising and dancing. Practice tiptoeing, walking backwards, jumping, stomping, marching, hopping, kicking, etc. Encourage bending, reaching and squatting. Be silly, have fun!	Fort fun! Build a fort with blankets, couch cushions and chairs. Crawl in/out, read a story inside, play hide and seek. Using words like in, on, out and under, builds vocabulary and understanding.	Treasure baskets. Place “treasure baskets” filled with an assortment of items in different rooms for your child to explore. Talk about the textures, colors, shape and size of each “treasure.”
WEEK 2	Row, row, row your boat! Sit on the floor facing your child. Hold hands. Move back and forth, as you sing the song. Games like this promote language skills and muscle coordination.	Follow the leader! Use simple movements such as clapping hands, tapping the table, lifting hands in the air. Talk about what you’re doing. Take turns being the leader.	Reach for it! Reaching helps build your baby’s coordination and strength. Poke baby-friendly items like socks, ribbons, scarfs, etc. into the holes of a laundry basket for your baby to pull out.	Drawer tour. Take your child on a tour of a drawer. Many new words are hiding there as you describe clothing, textures, colors, designs, sizes, and point out buttons, zippers, snaps, etc.	Window watching. What’s going on outside your window or door? Explore what your child sees. Talk about what animals or people pass by. Count the trees or cars. Talk about the weather.
WEEK 3	Kitchen fun! Your kitchen is filled with safe items to discover, such as wooden spoons, measuring cups and unbreakable bowls. Practice stacking and nesting these items to build spatial awareness.	Dress yourself! Being able to dress provides a sense of accomplishment and pride. Praise your child for trying to dress themselves. “Good job getting your shoes on your feet!”	Taping toys. Tape small toys, such as plastic animals, blocks of different shapes/ colors, cars, etc. to a cookie sheet. Getting the tape pulled up, off the toy and off their fingers takes persistence.	Review the day... Throughout the day, take pictures of your child playing. As part of your end-of-the-day routine, pull out your phone and talk about the pictures with your child.	Making meals. Toddlers can take an active role in preparing their food. Plan activities that involve spreading, pouring, slicing, whisking, squeezing and garnishing.
WEEK 4	Red light/green light! Toddlers are always on the go! Help your little one practice self-control by playing “Red Light/Green Light.” Take turns being the leader.	Rock-a-bye, baby. Rocking helps develop parts of your child’s brain associated with balance and language. Plus, it’s relaxing for both of you. As you rock, cuddle and sign or tell stories about your life.	Take a learning walk! Take a walk around the house or yard and name objects that capture your/your child’s interest. Pick up something, let your child feel it and smell it as you name it.	Mirror, mirror... Hold your child up to a mirror. Name and touch parts of their face and body or ask them to locate the part you name. Make faces and label the emotion.	Surprise! Play hiding or peek-a-boo games with your child. Hide behind something, the couch, a towel, and then come out again suddenly, surprising your little one! Say “boo” or “peek-a-boo!”

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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 REACH FOR THE SKY: Make your waiting time fun! Ask your child, "Can you do this?" and hold your hands up very high and say, "Reach for the sky!" Invite them to copy you. Next, put your hands behind your back and see if they copy you. Then take a turn and copy them.

Brainy Background: When your child tries to mimic the movements you make, they're using the skills focus and attention. You're exposing them to new vocabulary while also helping them make connections between words and what they represent, the building blocks of learning how to talk and, later, to read.

WEEK 2 PLAYTIME POEMS: When your child makes a sound, turn it into a rhyme. If they say "Eee," say, "Eee rhymes with WE and we are together." How many funny poems can you make with the sounds they're making? It is fun for them and helps them listen to sounds.

Brainy Background: Your child is a natural learner. When you watch what they're doing and follow their lead, you can begin to build their learning by adding your ideas. When they're responded to, their brain is active, which increases learning.

WEEK 3 SONG TRADITIONS (1-2 years): Sing the same songs daily that explain what you're doing with your child (for example, leaving the room, shutting the lights, finishing eating, wiping faces and washing hands, changing diapers, or counting fingers and toes).

Brainy Background: Children love traditions. Singing about their daily activities provides the comfort of a known routine. In addition, it helps your child make connections between their experiences and new words. They learn language from your singsong voice.

WEEK 4 SHHH, WHAT'S THAT?: Do you hear a sound in the waiting room? Pause. Ask your child, "What's that sound?" Take turns guessing. Are you hearing a slamming door or papers rustling? The squeak of a sliding chair or someone clearing his or her throat? Name them all together!

Brainy Background: You're inviting your child to focus on hearing the differences in sounds. This is an important skill for enjoying and learning language so they can communicate with others.



PARENT AND CAREGIVER CORNER

We all feel physically but also emotionally and mentally taxed sometimes. Taking care of the mind is just as important as taking care of the body. There is no shame or guilt in experiencing signs of mental fatigue or mental illness and to seek help for it. Just as we would put a band-aid on a physical wound to heal, we can put "band-aids" on our mind so that we may be better. Our goal is to take care of ourselves and be able to take care of our children, whether we are expecting or whether we already have teenagers.

Family activity: Going outside for sunshine helps everyone's state of mind. There are both physical and mental benefits to being outside and under the sun for a period of time. Here is an activity you can do on your own or with your children. It will support your mindfulness and healthy interactions with your children. Make a list of outdoor things to find, and check them off one-by-one. Feel free to add to the list to make it more of a challenge!

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