

RESOURCES FROM SAVE THE CHILDREN

SEPTEMBER ACTIVITY CALENDAR: PRENATAL TO AGE 2



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

Don't be afraid to babble. Treat your child's noises like a real conversation and mimic the sounds right back. See how many times you can go back and forth!

Sparking connections! Ask questions, describe experiences and share ideas to stimulate your child's thinking and build vocabulary.

Rhyme time. See if your child knows the next word in a familiar song or story by pausing before you sing or say it.

Act silly. Pretend you don't know what something is. Point to toothpaste and ask, "Is this soap?" Let your child "teach" you the right name of things.

Kick-start learning. Put things like crumpled paper or a rolled up towel behind your child's legs to make tummy time more interesting.

WEEK 2

Not out of reach. Encourage moving and stretching during tummy time. Put an object just out of your child's reach. Talk about their efforts: "You're working so hard to reach it."

Keep in touch. During the day, point out smells, textures, and sounds. Some examples: "Your blanket is so soft. The soap smells like flowers."

A world of wonder. Nurture curiosity in nature with "I wonder" questions. Some examples: Stop to follow and watch an ant. "I wonder where it is going?"

Dress up. Offer an article of clothing your child hasn't tried on their own. Say, "Wow! You put that on all by yourself!" Let them look at themselves in the mirror.

Little helper! Let your child join in chores. Place plastic dishes in a tub of water for washing or provide a small dustpan to help with sweeping.

WEEK 3

Pretend caregiver. Using a doll or stuffed animal, encourage your child to rock, sooth, feed or sing to it, just like the many ways you show your child you love them.

Power stroller. While on a walk, let your child push their stroller. They will enjoy the feeling of power as they move it by themselves. Talk about what you see!

Clean house. Give your child a cloth and encourage them to "dust" objects with you. Use encouraging words, like "Look at how clean that is!"

Let's dance. Put on some music and dance. Describe what your child is doing. "Can you spin around or sway from side to side?"

Putting the pieces together. Cut a colorful cereal box into 3 or 4 pieces to make a puzzle. Talk and help your child find the right piece to complete it!

WEEK 4

Make a face. Make faces that mirror how your child seems to be feeling. Talk about why you're making those faces. "You're smiling and seem happy and I'm smiling and happy too."

Monday Activities



Helping others. Your child can start to understand they can help people feel better. If someone is sad say, "Maybe they'd feel better if you let them hold your bear." Reinforce your child's efforts. "Look, they're smiling now. Thank you for helping them feel better."

Learning emotions. Look at books with your child. Point out different expressions. Talk about how that character might be feeling.

The art of music. Draw with your child to different types of music. Draw fast or slow, and make large and short strokes to the music.

Share your day. Talk about the day. Share what made you happy and ask your child, "What made you happy today?" Repeat with other feelings.

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BRAINY BACKGROUND

Your baby's brain is growing so quickly! Our friends at Vroom share more about the science behind it!

- WEEK 1** All kinds of conversations help build children's brains – even when they're still learning how to talk. By following your baby's lead and responding, you spark the connections they need for language and communication later on.
- WEEK 2** Children learn about the world through their senses. It is important to share words for how things feel and sound, as well as the names of things and actions. You're helping them learn to connect language with the world around them and connect their actions with an outcome.
- WEEK 3** Your child is more likely to keep trying when focused on a clear goal they care about. By encouraging them to try, even when things are hard, you're preparing them to take on challenges in life.
- WEEK 4** When you imitate the face that your child is making, you're helping them express what they are thinking and feeling, even though they might not be able to speak yet. These "conversations without words" begin to help your child learn about others' feelings and emotions!

PARENT AND CAREGIVER CORNER



Take time to recognize and respond to your young child's feelings. This valuable practice of hearing and seeing your child, and the words they use and the faces they make, lets you both understand each other better. Children feel secure when they know the people that love them are noticing them.

Remember, we're all in this together!