

School Readiness Family Activity Calendar #1 —Infants



Child's Name: _____

Site: _____

Month: _____































































Parent's Signature: _____

Staff's Signature: _____

Date: _____

Total: _____ + _____ = _____



<p>Roll a soft ball to your child. Let them explore the ball.</p> <p> </p>	<p>Hold a toy slightly about your child's reach and encourage them to reach for it.</p> <p> </p>	<p>Show your child objects and name them. Give the child time to really look at and touch and feel the object.</p> <p> </p>	<p>Throw a scarf into the air. As it floats back down, extend your arms to catch it. Watch your child's reaction.</p> <p> </p>	<p>Put squeezable items in the bathtub such as sponges or a squeeze bottle and show your child how they work.</p> <p> </p>	<p>Sit and tell your child a story about your childhood.</p> <p> </p>	<p>Put your child on their tummy. Place toys just out of their reach so they can practice reaching for them.</p> <p> </p>
<p>Practice body parts with your child by pointing to a body part and saying the name. Touch the same body part on your child.</p> <p> </p>	<p>Give your baby wooden spoons and plastic containers. Show him how to bang objects together to make noise.</p> <p> </p>	<p>Show your child pictures of familiar people and talk about them.</p> <p> </p>	<p>While at the grocery store talk to your child about different types of food and drinks.</p> <p> </p>	<p>Blow bubbles and watch your child reach for them.</p> <p> </p>	<p>Encourage your child to roll back and forth from their stomach to their back, and from their back to their stomach.</p> <p> </p>	<p>Take your child outside and allow them to touch the grass.. Talk about what the grass feels like.</p> <p> </p>
<p>Encourage your child to feed himself using his hands during mealtime.</p> <p> </p>	<p>Show your child a picture of an animal and make the sound.</p> <p> </p>	<p>Lay your child on her back in the bathtub and allow her to kick. Be sure to hold her head up so water doesn't get into her ears.</p> <p> </p>	<p>Hold your baby on your lap facing you. Rock back and forth holding your child's hands while you "see-saw".</p> <p> </p>	<p>Put toys on a sofa or chair so your child can practice standing while playing with toys.</p> <p> </p>	<p>Put dump and pour toys like cups and bowls in the bath and let your child play.</p> <p> </p>	<p>Play a game of peek-a-boo with your child.</p> <p> </p>
<p>Fill an empty tissue box with scarves or socks. Show your baby how to pull them out.</p> <p> </p>	<p>While listening to music, dance with your child.</p> <p> </p>	<p>Put a toy beside or behind your baby. Watch to see if your baby searches for it.</p> <p> </p>	<p>While baby is lying on his back on a flat surface, grasp your child's hands gently and raise him to a sitting position.</p> <p> </p>	<p>Put pictures on the wall near the changing area so that your child can look at them while being changed. Talk about them with your child.</p> <p> </p>	<p>Talk about feelings with your child. Example: You are happy right now, your face tells me you are sad, etc.</p> <p> </p>	<p>Take a nature walk around your neighborhood. Stop at interesting things. Let your child touch leaves or trees.</p> <p> </p>
<p>Fill up a cup with ice cubes. While your child is in the bathtub drop an ice cube in and see if your child can pick it up with another cup or his hands.</p> <p> </p>	<p>Sing songs with your child and practice hand motions.</p> <p> </p>	<p>Place a favorite toy under a blanket or pillow. See if baby can find it.</p> <p> </p>				

Please circle book if you read to your child for 15 minutes and circle triangle if you completed suggested 15 minute activity

School Readiness Family Activity Calendar #2 —Infants



Child's Name: _____

Site: _____

Month: _____

Parent's Signature: _____

Staff's Signature: _____

Date: _____

Total: _____ + _____ = _____



Place a piece of cereal or banana on the highchair tray and let your child feed himself.	<input type="checkbox"/>	Take your child outside and talk about any animals you see.	<input type="checkbox"/>	Stack objects for your child and encourage them to knock them down.	<input type="checkbox"/>	Sing a familiar song with you child and add some action by tapping and clapping.	<input type="checkbox"/>	Put squeezable items in the bathtub such as sponges or a squeeze bottle and let your child play with them.	<input type="checkbox"/>	Sit and tell your child a story about your childhood.	<input type="checkbox"/>	Sit on the floor facing your baby. Take one end of a large scarf and give the other end to baby. Gently start a tug-of-war by pulling the scarf forward. Show baby how to pull back.	<input type="checkbox"/>
When feeding your child, introduce new vocabulary words. Example: food name, texture and appearance.	<input type="checkbox"/>	Read your child's favorite book together.	<input type="checkbox"/>	Play Pat-a-cake with your baby. Clap his hands together then wait to see if baby signals you to start again.	<input type="checkbox"/>	Talk about body parts while bathing your child.	<input type="checkbox"/>	Roll a soft ball to where your baby is sitting. Help baby roll it back to you.	<input type="checkbox"/>	While listening to music hold one of your baby's stuffed animals and make it dance to the music.	<input type="checkbox"/>	While reading, point out objects to your child and name them.	<input type="checkbox"/>
Play your child's favorite song and dance to the rhythm of the music.	<input type="checkbox"/>	Look through photos with your child and tell stories about your pictures.	<input type="checkbox"/>	Practice body parts with your child by pointing to a body part and saying the name. Touch the same body part on your child.	<input type="checkbox"/>	Go for a walk outside with your child and talk about what you see.	<input type="checkbox"/>	Count your child's fingers and toes together.	<input type="checkbox"/>	Put dump and pour toys like cups and bowls in the bath and let your child play.	<input type="checkbox"/>	Play a game of peek-a-boo with your child.	<input type="checkbox"/>
Encourage your child to feed himself using his hands during mealtime.	<input type="checkbox"/>	Lay your child on her back in the bathtub and allow her to kick. Be sure to hold her head up so water doesn't get into her ears.	<input type="checkbox"/>	Encourage your child to roll back and forth from their stomach to their back, and from their back to their stomach.	<input type="checkbox"/>	Sing songs with your child and practice hand motions.	<input type="checkbox"/>	Go outside with your child and look at the sky. Talk about the weather.	<input type="checkbox"/>	Give your baby wooden spoons and plastic containers. Show him how to bang objects together to make noise.	<input type="checkbox"/>	Place a favorite toy under a blanket or pillow. See if baby can find it.	<input type="checkbox"/>
Spread a blanket on the grass and sit with your baby. Encourage her to touch the grass, ground, dirt or water in surrounding areas.	<input type="checkbox"/>	Blow bubbles and watch your child reach for them	<input type="checkbox"/>	Hold a toy slightly about your child's reach and encourage them to reach for it.	<input type="checkbox"/>								

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