|  |  |
| --- | --- |
| . |  |
| A drawing of a cartoon character  Description automatically generated | Matrix Early Head Start Child Care Partnership  **30-days of Developmental Activities for Ages 0-3** |
|  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|  | 1 | 2 | 3 | 4 | 5 | 6 |
|  | **Making Music** | **Unwrap the Fun!** | **That Makes Three** | **Mirror Play** | **Shoe Box Surprise** | **Light Show** |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| **Nature Walk** | **Letter of Love** | **Balls and Bubbles** | **Obstacle Course** | **Trace with Flour** | **Alphabet Fishing** | **Stepping Stone** |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| **Exploring Shadows** | **Look at Photos** | **Bottle Bowling** | **Gardening** | **Storytelling** | **Reach Across** | **Step Up and Down** |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| **Nature Scavenger Hunt** | **Sticky Nature Art** | **Creating With Chalk** | **Sing The Missing Word** | **Dress Up** | **Water Play** | **Mud Paint** |
| 28 | 29 | 30 |  |  |  |  |
| **Mom’s Still Here** | **Imitation Game** | **Shapes Scavenger Hunt** |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| Notes | Are you looking for activities to do with your child that will help encourage their development while still being fun? We have just the list for you. Our Developmental Activity A Day Calendar includes 30 activities you can do with your children ages 0-3. |



**6/1: Making Music** - Many babies absolutely love music. Try turning on your favorite music and dancing with your baby, holding him in your arms or in a sling. Sing songs to your baby – everything from, “The Itsy Bitsy Spider” to “I’m Proud to Be an American.” Although lullabies work well for bedtime routines, babies enjoy more active songs as well. Don’t turn up the volume of the music too much though, or your baby might protest the loudness.

**6/2:** **Unwrap the Fun!** - If you’ve ever been to a one-year-old’s birthday party, you know that kids often love wrapping paper even more than they love gifts. Create your own wrapping paper party by using old newspapers to wrap up familiar objects from around the house – such as the baby’s bowl, a toy car, a stuffed animal, and a set of keys. See how long it takes your child to figure out how to get to the object. For toddlers, have them feel the object through the wrapping to guess what it is.

**6/3: That Makes Three** - This activity can help infants develop critical thinking skills (in my opinion). This activity will provide an opportunity for infants to develop problem solving skills. Materials for this activity are things you already have at home. Sit or prop your baby up. Hand your child a toy to grasp in each hand. Offer your child a third toy. See what he or she does. Will he try to grab the new toy without dropping the ones in his hands? Will he look at the two toys in his hand as if he’s deciding which one to keep or let go? Will he drop both toys to grab for the new toy? Or will he ignore the new toy offered and keep what he has? Before you offer the new toy, you can make a prediction as to what you think the baby may do. Did your baby do what you predicted?

**6/4: Mirror Play** - Place your child in front of a mirror. Talk to them about what they see. If it is a small hand mirror, talk about the parts of the face they see (eyes, nose, hair, etc). Let them know it is them that is in the mirror (and you too if your reflection can be seen in the mirror). If it is a full length mirror, talk about other body parts, describe clothing, talk about colors of clothing and other items that can be seen in the mirror reflection. This activity can help your child learn what he/she looks like, body parts, and developed vocabulary when you discuss descriptions of his/her clothing like “blue shoes on your feet”.

**6/5: Shoe Box Surprise** - Find some small blocks or other toys of similar sizes. Cut a hole in the top of a shoe box that’s slightly bigger than the toys. Show your young toddler how to stick the toy through the hole, and then help him find where it went by taking off the lid! You’ll be surprised how excited your toddler will be when he succeeds in fitting the toy through the hole, as well as when he figures out how to find where the toy went.

**6/6: Light Show** - Use a clear plastic container w/lid and a mini flashlight. Place mini-flashlight into the container with lid secure and let baby explore with the room light off! Visually track objects, eye-hand coordination, gross motor, and boost his/her sensory development).

**6/7: Nature Walk** - Go outside for some fresh air. You can go in your front or back yard and take a look around. What do you see? Are there birds out? Do you see bugs, grass, bushes, and flowers? Go for a walk down your block or around your neighborhood, of course being careful to socially distance yourselves from others out enjoying the air. Talk about what you see, smell and hear. You can not only help your child develop his/her senses but strengthen physical development as well.

**6/8: Letter of Love** - Use crayons and paper have your child scribble a letter for grandma or grandpa, place the drawing in an envelope then mail it!

**6/9: Balls and Bubbles** - Some of the simplest and easiest toys for little ones to play with are balls and bubbles. Take your ball game outside for new fun variations. Roll balls back and forth on a flat surface or throw them and watch them bounce. Bring out a variety of balls of different colors, textures, and sizes. Outside is the perfect place because there is plenty of space to spread out and nothing to break. Add some bubbles to an outdoor experience and watch your little one delight in the experience of touching and popping them. Bubbles are a super simple and easy outdoor activity for babies that you can do anytime and anywhere.

**6/10: Obstacle Course** - Indoors or out, let your imagination run wild as you set up an obstacle course for your child. Have them crawl under tables, climb over chairs, jump over ropes, hop from cone to cone, crawl through a cardboard box, jump through a line of hula hoops, throw a family of stuffed animals into a laundry basket, etc. Use whatever you have on hand, including boxes, mats or large toys. This could also be an outdoor activity. Your toddler can crawl under a lawn chair followed by a roll through the grass, a circle around a tree stump and finally a dash around the edge of the patio. Add to the fun by starting the race with a whistle blow and holding up a crepe paper ribbon to break through at the finish.

**6/11: Trace with Flour** - Make your own “chalkboard”!!! Parents can spread some flour on a cookie sheet. Children can use their fingers to draw pictures, make letters, and make numbers or shapes in the flour. They can make handprints, footprints, etc. When they’re done with their art, you can smooth out the flour and start again. Clean up is easy, just slide the flour in the trash.

**6/12: Alphabet Fishing** - Place magnetic letters in a bowl of water. Name a letter and have child to fish that letter from the bowel. Have child repeat the name of the letter once they retrieve it.

**6/13: Stepping Stone** - Parents can spread decorative pillows, cushions or sheets of paper on the floor. Hold your child’s hand as they step from “stone to stone” without touching the floor. Once your child is good at stepping from stone to stone, you can spread them out further apart and now he/she can jump from stone to stone.

**6/14: Exploring Shadows** - Step outdoors or near a window and explore the mysteries of light and shadows. Your child can learn a lot—like how to make shadows bigger and smaller and how shadows move. Enjoy the fun of observing shadows and how they change as you move about.

-Notice the shadows of the things around you our outside your window—cars, a dog or cat, a bird flying from tree to tree, the legs of a chair near a window.

-Observe the way your shadows "walk” along with you, and play with the shadows!

-Make different types of shadows by moving your arms or legs or jumping about.

-If outdoors, use chalk to outline your shadow and your child’s shadow. Or indoors trace the shadow of your hand on a piece of paper. Come back later in the day to check on your shadows. In what ways are they the same or different?

-Measure the lengths of your shadows using pieces of yarn or string or with a tape measure. Measure the shadows of other objects too, like a parked car, trees, the mailbox, a table or chair or anything else that casts a shadow. Ask questions or make comments that help your child think:

- I wonder what will happen to your shadow if you step forward or back?

- What might happen if we stand close together?

- Where is the sun in the sky right now? (Ask this at several times of the day.)

- What happens to shadows on a cloudy day?

**6/15: Look at Photos** - Pull out the photo album, pictures in frames or photos from your phone. Look at the photos with your baby. See if they react to seeing the familiar faces of the photos. Talk to them about the people in the photos and what they are doing. This can help with developing cognitive skills (reacting to familiar faces-memory), and language skills as you talk to your child about who are in the photos and what they are doing.

**6/16: Bottle Bowling** - Gather some empty plastic bottles and put them in a row. Child will take turns with parent and roll a ball to knock the bottles down.

**6/17: Gardening** - Encourage your child to play in the dirt by giving him his own area of the yard as his own “garden.” You can teach him how to plant seeds (apple and orange seeds work well, although they won’t bloom) and water them. Or you can just let him go to work with his shovel and pail “gardening.

**6/18: Storytelling** - Allow child to select their favorite book and let them read it first and switch with parent so they can read it.

**6/19: Reach Across** - Instead of presenting toys always directly in front of your child present toys to either side and encourage him to reach across his body with his left hands to grasp a toy on the right and vice versa.

**Skills: Fine Motor, reach, grasp, crossing midline.**

**6/20: Step Up and Down** - Step Up & Down-Using a step or curb have baby stand on bottom and step up to curb/stairs.

**Skills: Gross motor, strength, depth perception, body in space awareness.**

**6/21: Nature Scavenger Hunt** - Take your child on a nature walk. This walk could be in your own backyard, park, trail, or a walk in your neighborhood. Nature has beautiful and unexpected ways of capturing our attention--the wind suddenly blowing across our face, our feet slowly sinking into the mud puddles, or seeing an animal run in full stride in its natural habitat. Take a bag in the walk with you to store items your child may want to explore further, flowers, rocks, sticks, leaves, pinecones, etc. Take a camera to capture pictures of items your child may see and can not physically bring back home such as trees, animals, puddles, etc. You can have a conversation with your child as you look back through the pictures about what he/she remembers about the pictures. Also take a magnifying glass on your walk. This will support literacy and science as he/she learn to understand scientific tools and how they work. Lastly, I would take a clip board with paper and crayons. This can be used for observational drawings. Your child might find something interesting and want to draw a picture of their discoveries. You may want to search for the following:

Find something that:

-Is a certain color

-Is dry, wet, shiny, or pretty

-Is tiny or huge

-The wind blows

-Crawls

-Has no legs, four legs, or six legs

-Or make up your own ideas!

**6/22: Sticky Nature Art** - Make Sticky Nature Art: Tape a piece of clear contact paper or press-and-seal wrap to an outdoor wall or the ground. Your toddler can stick leaves, flower petals, bits of bark, and other natural items to the surface to create their own artwork. Just be vigilant about keeping these small items out of your child’s mouth. If you want to preserve your art after it is finished, cover with a second piece of contact paper or press-and-seal.

**6/23: Creating with Chalk** - Use sidewalk chalk to create pictures while enjoying the weather and getting fresh air.

**6/24: Sing The Missing Word** - Sing the Missing Word- Sing a familiar song and leave out a word for your child to fill in. For example, “twinkle, twinkle little\_\_\_\_” and see if your child will spontaneously say “star” to fill in the missing word.

**Skills: Language, memory, attention, rhythm/music.**

**6/25: Dress Up**  - Make a dress up box for your child. Kids this age love wearing adult clothing and accessories and don’t fret if your little boys want to join in too. You can also add safe jewelry and purses/backpacks.

**Skills: Self-Help, dressing, imaginary play.**

**6/26: Water Play** - On a warm day, try taking several large plastic containers outside. Be original, you can use an old infant bathtub, a bucket, a pail, or even a large cooking pot. Fill them with water from the hose, and give your young toddler small containers of different shapes and sizes, such as plastic cups, plastic bowls, and Tupperware containers. Show your child how to use the small containers to pour the water from one large container to another.

**6/27: Mud Paint** - Mud paint: Fill a cup with dirt and water and mix to create mud paint. Use sticks or paintbrushes to paint on paper or the sidewalk. Construct mud objects: Shape mud pies or sculptures. Children can decorate with pebbles, or other found objects if they like. Ask: what would happen if you add more water? More dirt? Leave it to dry in the sun?

**6/28:** **Mom’s Still Here** - Babies at 7-9 months often go through separation anxiety and like to be in constant sight and hearing of their parents. You can help your baby with separation while at home by leaving the room for a minute and then returning and happily reassuring your infant that you are still here and did not leave them.

**Skills: Socialization, separation, object permanence**

**6/29: Imitation Game** - If you stick your tongue out at your baby, does she stick her tongue back? If so, this learning game might be the perfect activity for her. Try making funny faces, such as opening your mouth very wide, blowing up your cheeks, or blinking very quickly. If your baby imitates your motions, applaud her actions. Children who imitate facial expressions well may have an easier time later on learning to form various sounds with their mouths. After all, if she can imitate your funny faces, she’ll likely try to imitate your mouth’s speaking motions as well.

**6/30: Shapes Scavenger Hunt** - Find different shapes around the house (parent and child can have a conversation about shapes prior to the scavenger hunt) Bring them back to a table and compare them with the items you collected.