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| A picture containing drawing  Description automatically generated | Matrix Early Head Start Child Care Partnership**30-days of Developmental Activities for Ages 0-3** |
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| Sun. | Mon. | Tue. | Wed. | Thu. | Fri. | Sat. |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  | **Infant Aerobics** | **Shoe Box Surprise** | **Water Play** | **Tummy Time Play** |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| **Hit the Target** | **Blanket Slide** | **Baby Sign** | **Obstacle Course** | **Expand It** | **What’s The Use?** | **Shaving Cream Fun** |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| **Gardening** | **Painting** | **Through The Tunnel** | **Lines and Circles** | **Carboard House** | **WH Question Game** | **Baby Sit Ups** |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| **Grasping Game** | **Scoop and Poke** | **Dance, Dance, Dance** | **Bubble Blowing** | **Little Helper** | **Kickball** | **Throw It To Me** |
| 26 | 27 | 28 | 29 | 30 | 31 |  |
| **Build it up, knock it down** | **Roll The Dough** | **Who Is That?** | **Family Photo Fun** | **Step Up & Down** | **Megaphone** |  |
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| 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. |



**7/1- Infant Aerobics:** Think you’re the only one who needs to exercise? Although your baby will get plenty of exercise later on – crawling and climbing on everything – at this point, helping your baby “exercise” is a great way to play with her. Try stretching out her arms and crossing them in front of her in a hugging position. Repeat several times, singing “Out and in, out and in” in a singsong voice. Then push her legs gently so that they’re curled up to her chest, and then let them go. Many infants enjoy having their arms and legs stretched, especially since they can’t consciously do it themselves.

**7/2-** **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.

**7/3- 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. At the end of the game, let your child dump all of the large containers into a gutter or another safe area.

**7/4-** **Tummy Time Play:** Place baby on the floor on a blanket or lie down with baby on your chest facing you. Encourage baby to raise his/her head/chest in response to the sound of your voice, the sight/sound of toys or the sight of himself/herself in a mirror.

**7/5-** **Hit the Target:** Toddlers love to throw anything & everything, so re-direct this behavior by teaching them throw toward a target. Use a box or laundry basket and let them toss balls, toys, etc inside.

**7/6-** **Blanket Slide:** If you have hardwood or smooth non-carpeted floors somewhere in your home, you can use a large blanket, have your child sit on the blanket and pull or spin them around on the floor providing lots of giggles and fun. See if they can maintain a sitting position while you change their direction quickly.

**7/7-** **Baby Signs:** Babies learn language by involving gestural cues. You can communicate with your baby and they can communicate back to you using gestures such as pointing. You can build in actual signs from American Sign Language to help your baby learn language. Babies as young as 6-7 months can sign such things as “eat, drink, more, hat, all done”. You can Google baby signs to come up with gestures that may be helpful to your child’s communication.

**7/8-** **Obstacle Course:** Toddlers are developing balance & coordination skills & like to be active. Create an indoor obstacle course using pillow, stuffed toys, blankets, furniture or an outdoor course using old tires, logs, trikes, rocks, etc. Arrange objects so your child needs to crawl under, walk around, jump over, walk on and balance, slide, scoot, step, walk between, swing, etc.

**7/9- Expand It:** Toddlers are learning to use their vocabulary to build 2-3+ word phrases. When your child says “ball”, expand on that word by putting it in a simple sentence for him to hear and imitate, such as “A big, red ball”.

**7/10- What’s The Use:** Find some everyday objects that are familiar to your child and see if he can identify the objects by their function. Place a ball, spoon, cup and shoe out in front of him and ask “Which one do you put on your foot?” or “Which one do you drink out of?” and see if he can tell you the object and its function.

**7/11-** **Shaving Cream Fun:** It’s creamy, light, and easy to manipulate. Shaving cream is a messy toddler’s best friend! Spray a pile of shaving cream on a flat surface and show your toddler how to spread it around. You can even let him walk or drive his toys through the pile or around it. If you’re truly interested in creating a mess, try undressing your toddler down to his diaper and letting him smear the shaving cream all over his hair and body. (Just make sure he keeps it away from his eyes and mouth!)

**7/12-** **Gardening:** Wrapping up our list of activities for infants and toddlers is gardening. You 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.”

**7/13-Painting**: The number one way toddlers love to get messy is by finger painting! Buy a nontoxic brand of finger paint and give your toddler a safe surface (such as a large piece of butcher paper) to experiment with. You can also show your toddler how to make prints with various objects around the house, such as sponges, toys, old toothbrushes, or cut up apples.

**7/14-** **Through the Tunnel**: The next time you unpack a large cardboard box, save it and cut off the flaps at each end. Set up the box in the middle of a large room and place your child at the opening of one end of the box. Go around and crouch at the opposite opening so that your child can see you through the “tunnel.” Encourage your child to crawl toward you, or toward some toys placed in the middle of the tunnel.

**7/15-** **Lines & Circles:** Get out crayons & paper and while coloring sing “Wheels on the Bus”, encouraging circle scribble during “wheels on the bus go round and round”, horizontal lines when the “wipes on the bus go swish, swish, swish”, vertical lines when “the people on the bus go up & down” and dots when the “horn on the bus goes beep, beep, beep”.

**7/16-** **Cardboard House:n**Use a large cardboard box (large appliance boxes for refrigerators, stoves work great) and turn it upside-down and cut windows & doors in it for your child. Allow them paint or color it with crayons or markers and use it as a play house. You will be amazed at the hours of fun this creates for toddlers both indoors & out.

**7/17-** **WH Question Game:** As toddlers improve with language they begin to ask questions and you too can challenge your child with creative thinking and the ability to answer “wh” questions. For example, when Mom leaves for work, have Dad ask “Where did Mom go?” and see if your child can answer “Work” or “go to work”. When your child is playing ask her “what drives on that road you made?” and see if she answers “car”. When outside on walks ask “what flies?” and see if he can answer “A bird”. After dinner ask “Who cooked your dinner for you?” and see if your child can answer “Mommy”. Help them answer the questions if they don’t respond and if they respond with a single word, such as “mommy”, expand on the single word by putting it into a sentence for them such as “Yes, Mommy cooked your mac & cheese”.

**7/18-** **Baby Sit Ups:** Place baby on blanket facing you. Support baby under his arms, neck/head and says “one, two, three, UP WE GO!” and pull baby to a supported sitting position. As baby’s neck muscles get stronger you can give less support & let him do more of the work himself.

**7/19-** **Grasping Game:** Babies have a reflex that allows them to hold your finger or small toys. Place your finger or a small connector ring (from a baby gym or mobile) into your baby’s left hand & then his right. See how he is able to grasp onto your finger or the ring and how long he holds on before letting go.

**7/20-** **Scoop & Poke:** Let your child practice with utensils for at least part of every meal. Some kids are able to poke food with a fork before they can scoop food with a spoon. Use hand over hand when needed.

**7/21-** **Dance, dance, dance:** Toddlers love to move & music is a great motivator so put on your favorite tunes and shake it up with your child. See if he can imitate arm movements, leg movements, spin in circles, etc.

**7/22-** **Bubble Blowing:** Bubbles are fun indoors or out. Blow bubbles for your child and then allow them to try to blow bubbles themselves.

**7/23-** **Little Helper:** Toddlers love helping their parents, so why not enlist them to remove clothes from the dryer, unload the dishwasher, wipe up spills, dust or sweep the floor. It’s all good practice, makes them feel special and helps you out at the same time.

**7/24- Kickball:** Toddlers are just learning to balance briefly on one foot in order to kick a large ball, provide opportunity to kick a stationary ball before working on kicking a rolling ball, which is much more difficult. A large ball is easier than a small ball to start with.

**7/25- Throw it to me:** Toddlers at this age are starting to become more coordinated with their movements and should now be able to throw a ball about 3-5 feet to an adult with direction (instead of randomly).

**7/26-** **Build it up, knock it down:** Many toddlers are only used to stacking interlocking Lego types blocks. Instead use regular wooden blocks or stack empty tissue boxes in order to promote controlled release & balance during stacking. See how many your child can stack and then make it fun by encouraging him to knock them down. Talk about the color of the blocks & count when stacking.

**7/27- Roll the dough:** Use store bought Play Doh or easily make your own from a recipe on the internet. Provide cookie cutters, a rolling pin or large wooden dowel for your child to get creative. Pretend you are baking cookies or let your child lead with her own imagination.

**7/28- Who is that?:** Look in the mirror with your child and ask “Who is that?” or “What is her name?”, see if your child can answer with “me” or her name. Talk about what else the child may see in the mirror including Mommy or Daddy. Review body parts, stick out your tongue or move it side to side and see if she can imitate you.

**7/29-** **Family Photo Fun:** Pull out photos or photo albums and ask your child to identify people in the pictures including themselves.

**7/30-** **Step Up & Down:** Help your child begin to negotiate steps from a standing instead of a crawling position. Hold both or one hand as needed and practice on one step or a curb to start. Once your child can do 3-4 steps with one hand held then you can start to work on the staircase in your home

**7/31-** **Megaphone:** Use empty paper towel or toilet tissue rolls and show your child how to put it against their mouth and speak, sing or make silly sounds. Sometimes this greatly enhances a child’s participation in sound making, speech imitation.