

RESOURCES FROM SAVE THE CHILDREN

APRIL ACTIVITY CALENDAR: PRENATAL TO AGE 2



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Music and movement! Turn on some music. Move and clap to the rhythm and sing along! Try making music with pots, pans, plastic containers and a wooden spoon.	Butterfly breaths. When we feel anxious, our bodies feel it, too. With your child, take some deep breaths through your nose and blow out through your mouth saying, "Blow out butterflies, fly away!"	Bath song! Make up a bath song about bath time. Use a familiar song like "Wheels on the Bus" but use your own words: "Water in the bath goes splash, splash, splash," etc.).	Water play! Water play is fun! Sing a song like "Baby Shark" in the bath while naming and pouring water over hands/feet/etc. Use plastic cups to explore full/empty, sink/float.	More or less. Help your child sort clothing and other objects into piles. For example, socks in one pile and shirts in another. Talk about which has more, which has less.
WEEK 2	Getting messy! Young children love getting messy! Try bubbles, shaving cream, etc. The bathtub or high chair tray makes for easy clean up. Stay close in case they try putting things in their mouth.	Puppet pretend. Make sock puppets for you and your child. Have puppets talk to each other. Pretend that the puppet is sad or lonely. Think of ways to help it feel better.	Action songs. Sing action songs together, such as "Ring Around the Rosie," or "Itsy-Bitsy Spider." Do the actions together.	Hand to hand. Hold up your hands to your child's hands. Talk about the different sizes – big/little, long/short, and how they feel – soft, smooth, rough, etc.	Stack time! Save milk cartons, Jell-O boxes, or cereal boxes. Your child can stack them to make towers. Practice counting and guessing how tall you can make them together!
WEEK 3	Everyday fun. Turn chores into fun activities. Let your child help you with everyday chores: vacuuming, sweeping, dusting, folding clothes, etc. Make up and sing a song about what they are doing.	Mirror, mirror on the wall. Act out expressions with your child in front of a mirror. Demonstrate happy, sad, mad, excited, proud, etc. faces. Point out these faces when looking at books with your child.	Little helpers. Kids can tear, cut, stack, assemble, chop, stir, mash, grate, roll, spread, sprinkle, measure and pour at snack and meal times! Talk about what they are doing.	Hide and seek! Hide things for your child to find. Wonder aloud as you search with your baby/toddler or give your preschooler clues. Take turns hiding, finding and giving clues.	Shape detective. Be a shape detective. Draw a shape on a piece of paper, point out what makes it that shape. Let your child lead you around the house, discovering similar-shaped objects.
WEEK 4	Open sesame! Collect several objects that open and close, e.g., small purse, box, makeup compact, etc. Name and talk about their uses as your child practices opening and closing them.	Surprising rhymes! Kids love predictable rhymes, finger plays and activities – like Giddy-Whoa, Pat-a-Cake, Ring Around the Rosie, etc. – that end in a surprise. They help kids develop memory skills and practice anticipating a surprise.	Independence day. Toddlers love doing things independently. Try letting them help stir while you're cooking, put out napkins for dinner, or put shoes in the closet. These encourage problem-solving skills in growing brains!	Sorting smarts. Practice sorting groups of different items – e.g., carrots/celery, apples/oranges, rocks/sticks, socks/pants – into 2 different piles. Ask, "Which pile does this go in?" "Does this look the same or different?"	Finger tracing. Use your finger to trace shapes/letters/numbers on your baby, toddler or preschooler's back. Describe what you traced. For older children, have them guess what you are drawing.

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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 TAKE TIME TO WATCH: Take a minute today to watch your child. Pay attention to what they look at. How do they move? What do they sound like? What are they learning? Even when you're busy, responding to what they are learning deepens your connection with them.

Brainy Background: When you're in tune with your child, you'll be able to pay attention to their needs and interests. This deepens the trust between you. Your child needs this security to reach out into the world to explore, experiment, discover, and learn.

WEEK 2 DAILY DISCOVERIES: What is your child doing? Reaching for a toy? Hitting two blocks together to make a sound? As they discover their world, pay attention, smile and use words that they will learn someday. "You reached out your fingers and got your toy."

Brainy Background: When you pay attention to what your child does and share their delight in doing and learning, you start them on the path to become a lifelong learner.

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 IT'S ALL NEW (0-12 months): Almost everything is new to your child in their first year. So describe what you see. "There goes the yellow school bus. "Beep, beep!" Let them see, hear, smell and even touch things, if possible. Notice what they're interested in and have a back-and-forth chat. "You see the big tree? What else do you see?"

Brainy Background: When you chat back-and-forth with your child, you help them begin to learn words. They're making connections between words and what they represent. This is an important language skill. By responding to their interests, you're prompting them to learn more.



PARENT AND CAREGIVER CORNER

For pregnant parents: Attachment starts well before babies are born. You may be starting to feel your baby moving. Touching your baby when they move and talking and singing when they move supports their development in the womb.

For parents with infants and toddlers: We understand. We understand that as you may have your child more and more at home with you or in your workspace, this can be stressful because you are now juggling multiple needs at one time. Also, it's understandable that you may be feeling worried and frustrated because your child does not yet have the cognitive skills to fully understand why you may not be able to always spend time with them or why schedules have been turned upside down the past few weeks.

To ease your stress, try taking five minutes in the morning or evening to do some slow, deep breaths. If you can, even do this breathing with your child. With or without your child, try the following: Stand up, as you raise your hands above your head, breathe in. Say to yourself (and to your child), "Let's reach for the sky!" Then breathe out, bending over and bringing arms to the floor, saying, "Reach for the earth, the flowers, the grass..." Repeat this 5-6 times and you'll find your mind is more centered and breathing is more in control. **Remember, we're in this together!**

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