

RESOURCES FROM SAVE THE CHILDREN

# DECEMBER ACTIVITY CALENDAR: PRENATAL TO AGE 2



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

### WEEK 1

**Count everything!** Stack toys or simple items from around the house in a row. Count and point to each item. Encourage your child to point and count, too.

**Making faces.** Show your child pictures of faces in magazines and books. Talk about the expressions you see. Then make those expressions together.

**Shapes everywhere!** From pancakes at breakfast to street signs around town, go on a “shape hunt.” Point out and identify shapes and use words to describe their location.

**Body parts.** During bath time, encourage your child to name different body parts. Say, “Wash your knee.” Ask, “What should we wash next? Your hand? Let’s wash your hand!”

**Where, oh where?** Ask, “Where do you have breakfast? “Where do you watch TV?” Try requests like, “Find your shoes in the bedroom.” “Find your cup in the kitchen.”

### WEEK 2

**Zig-zag!** Stick tape to the floor in various patterns. Take turns walking on it while trying to keep your balance!

**Surprise!** Draw attention to a box of tissues or a toy that makes a response. Pause for anticipation, then quickly remove a tissue or activate the toy. Watch your child’s reaction. Repeat. Takes turns.

**How big!** Stretch your baby’s arms above their head while saying, “How big is [name]? Sooo big!” Kiss baby’s tummy. How do they let you know they want to continue the game?

**Where is it?** While reading a picture book, ask, “Where is the baby’s nose?” “Where is your nose?” They’re learning to follow simple directions, while learning body parts!

**Kick, kick, kick!** Talk about what your child is doing. “Kick, kick, kick! You’re kicking your feet!” Name other movements they make.

### WEEK 3

**Sink or float?** Collect a few toys of different weights. Drop each item into a container of water, one by one. Does it sink or float?

**Big helper!** Give your child simple household tasks, like picking up toys or helping set the table. Talk about how they did it by themselves and what a great help it was!

**Obstacle course.** Set up couch cushions, line up chairs, position a laundry basket, etc. Encourage climbing, crawling, walking, etc. to get to you. Be silly! Have fun!

**Touchy-feely.** Gather a few items with different textures, like soft, rough, sticky or bumpy, in a box. Name the texture and have your child pick out the matching item.

**Scribble fun!** Draw some scribbles on a large piece of paper with your child. Take turns. You scribble, then let them. You draw a line, then let them. Switch and copy them.

### WEEK 4

**Dance party.** Listen and dance to music with your child. Help them describe what they’re doing. For example, “You’re spinning around,” or “Sway from side to side like a dancer.”

**Jump up!** Create chants that match words with actions: Jumping up high, Jumping up high, Look at us, We’re jumping up high! Change the words and repeat the chant.

**Opposites!** Choose a few opposites like walking/running, jumping/crawling, happy/sad, tiny/enormous, etc. Act them out with your child.

**Who is that?** Make a little album with pictures of your child, people and pets they know. Talk about the pictures. BONUS: Help your child learn their first and last name.

**Tiptoe mouse.** Gently walk two fingers up your child’s leg and say, “Tiptoe mouse, tiptoe mouse” in a sing-song voice. Watch to see how they respond to your touch.

RESOURCES FROM SAVE THE CHILDREN

# DECEMBER ACTIVITY CALENDAR: PRENATAL TO AGE 2



Your baby's brain is growing so quickly! Our friends at Vroom share more activities and the science behind them.

## WEEK 1 STAIR COUNT

When your child is learning to walk up and down stairs, hold their hand and count each step you take. This helps them become familiar with numbers – and it's fun!

**Brainy Background:** Making connections between numbers and what they stand for (such as steps your child climbs or the fingers on their hands), helps your child see that numbers aren't just words they memorize. They actually stand for quantities of things. This is the first step in learning math.

## WEEK 2 REACH FOR THE SKY

Make your waiting time fun! Ask your child, "Can you do this?" and hold your hands up very high and say, "Reach for the sky!" Invite them to copy you. Next, put your hands behind your back and see if they copy you. Then take a turn and copy them.

**Brainy Background:** When your child tries to copy your movements, they're using focus and attention. You're sharing new words and helping them make connections between words and what they represent. These are the building blocks of learning how to talk and read.

## WEEK 3 MEAL PLAN

When feeding your child, talk about what they're doing and why you think they're doing it. "You're drinking your milk because you're so hungry!" Talk about what will happen next. "After your tummy is full of milk, you'll be sleepy and it will be time for your nap."

**Brainy Background:** Talking with your child and labeling their sounds and actions helps them connect words to feelings and builds vocabulary. When you talk about your baby's/child's daily routine, you help them feel safe throughout the day's changes.

## WEEK 4 WHERE IS IT?

As you play with your child, take a toy or safe object and hide it as they watch you. Ask them, "Where is it?" and let them find it. Then ask them if they can hide it and you find it. Create a cheer to use when each of you finds the toy, and keep talking turns.

**Brainy Background:** When your child watches you hide their toy and then finds it, they're focusing and using their memory. When they hide the toy, they're imagining about how you might think, so they can find a tricky hiding place. These skills are important for learning.



## PARENT AND CAREGIVER CORNER

There is so much building development that happens between you and your child during the first years of life. The process starts prenatally – and continues throughout your child's life. Use encouraging words when a baby is growing in the womb, which helps to familiarize your baby with your loving voice. Your relationship with your little one is the foundation of their learning abilities. You are helping to build so many important skills for their later life. Safety, connection and problem-solving are core needs of the developing brain, and children can learn and practice these skills in the safety of your relationship. With your love and support, they will feel safe and connected to you. As they grow, the social problem-solving skills that they observe will help center their own abilities for social interactions. Parents and caregivers have a lot on their plates these days. You are doing a GREAT job. Keep up the good work! **And remember, we're in this together.**

To find more Vroom Tips™, visit [Vroom.org](https://www.vroom.org).

Published December 2020