

RESOURCES FROM SAVE THE CHILDREN

NOVEMBER ACTIVITY CALENDAR: PRENATAL TO AGE 2



Monday

Tuesday

Wednesday

Thursday

Friday

WEEK 1

Point to pictures. Ask your child to point to pictures in their favorite stories. You may be surprised by how many words they seem to know.

Make faces. Make expressions together with your child. Say, "Show me happy." "Show me excited," or "Show me scared."

Loud/quiet. Fill one container with plastic balls and another with towels or scarves. Talk about how each object sounds loud or quiet. Listen to the sounds they make when they're dumped!

What do you see? Talk about pictures in books or magazines. Point to the picture and ask, "What's this?" "Do we have this at home?" "What do we do with this?"

Walk and talk. After going for a walk, ask your child to tell someone about what happened: "Tell Grandpa about the dog we saw." Help, but let them tell as much as possible.

WEEK 2

Roly-poly. After changing your child's diaper, roll them from side to side. Stop and ask, "Do you want more?" See how they respond.

Slow dance. Play, sing or hum a slow song while you dance together with your child. How do they respond to the feeling of dancing and your humming?

Dressing. Encourage your child to dress themselves. Offer clothes they haven't tried on their own. Say, "Wow! You put those on all by yourself! Let's look in the mirror."

Basket-stroll. Fill a laundry basket with toys and let your toddler stand and push it. This game helps toddlers develop muscle strength and balance.

Silliness. Make up a simple, silly song, chant or dance. Try marching like elephants, swinging your arms like a trunk and trumpeting.

WEEK 3

Dress and tell. Tell your child everything you're doing as you get them ready in the morning, starting with how you picked out their clothes. Respond to their sounds and words.

Laundry learning. Turn laundry time into learning. Practice shape, color and size comparison by matching socks. Break down the large pile of laundry into shirts, pants, pajamas, etc. to practice sorting skills.

Dress up. Let your child play dress up with Mom's shoes, Dad's shirt or sister's jacket. They may need help but will have a lot of fun pretending.

Shoe match. Gather everyone's shoes into a big pile. With your child, match them into pairs. Can your child guess which shoes belong to which family member?

Funny faces. Look in the mirror during tooth brushing. Talk about how your teeth are the same and different from theirs, you both can make funny faces, etc. Follow their lead.

WEEK 4

Find it. Ask your child to bring an object, such as a toy or book. Then ask them to put it back. Repeat activity, requesting different objects from different locations.

Sock matching. Line up 4 pairs of socks. Ask your child to match each sock by laying it on its counterpart. Too easy? Mix them in a pile and ask your child to find the pairs.

Hello, good-bye. Open a large cardboard box to make a tunnel. Play peek-a-boo with your child. Say, "hi" and "bye." How do they try to locate you or imitate you?

Get it. Place a small object into a container or bottle. Ask your child to take it out. Encourage them as they find ways to open the container and retrieve the object.

Color hunt. Choose a few toys. Go on a "color hunt" and help your child match the color of the toy to other items in the house or outside.

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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 POWER POINTER** While you're with your child, watch what catches their eye. Point to things you see and say what they are. "There's a black bird and he's flying!" or "The little girl is jumping." Watch where they're looking and say what it is.
Brainy Background: When you describe what you see, or what your child sees, they're making connections between words and what they mean. Children who know words and what words mean have a head start on learning.
- WEEK 2 SPACE EXPLORER** Show your child the world from different points of view. When they are in your arms, crouch down low or gently lift them up in the air. Describe what you're doing and respond to their reactions. "You're as high as the light! Look what you can see up here!"
Brainy Background: Moving your child around and talking about what you're doing helps them learn about important things like shape and space. Children learn these ideas through back and forth conversations, where you follow their lead and respond to their reactions.
- WEEK 3 MEAL PLAN** When feeding you 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 in learning.



PARENT AND CAREGIVER CORNER

Tracking developmental milestones. Our circles have tightened these days, and your child might not be seeing as many children as before the pandemic. There are some skills that children are able to sharpen by seeing other children that can already do these things, like crawling or walking. From birth to age 5, your child should reach milestones in how he or she plays, learns, speaks, acts and moves. Try the CDC's Milestone Tracker App! You can track your child's developmental progress by looking for important milestones using an interactive, illustrated checklist. Get a summary of your child's milestones to view, and share with or email to your child's doctor and other important care providers. Visit www.cdc.gov/ncbddd/actearly/milestones-app.html for more information. You can also download the Milestone Tracker app to your smartphone from the App Store or Google Play.

If you're expecting, you can learn about baby's development and changes in your body. Our team really loves BabyCenter Pregnancy Tracker, available for free in the App Store or Google Play. Use the calendar feature to guide you through the countdown to your baby's **due date**.

Remember, we're in this together!

To find more Vroom Tips™, visit Vroom.org.

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