

RESOURCES FROM SAVE THE CHILDREN

OCTOBER ACTIVITY CALENDAR: PRENATAL TO AGE 2



	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	Sights and sounds. Babies learn language by taking in information through their senses like hearing and sight. This week, focus on helping your child process what they hear or see to find the meanings behind their senses.	Weather calendar. Have your child draw a picture of the daily weather on a simple paper calendar. Ask them to compare the different weather days.	Tell me about... Chat about/describe together what you see, hear, smell and even touch. "There goes the yellow school bus. Beep, beep!" "You see the big tree? What else do you see?"	Phone pretend. "Call" familiar people. Pretend to call grandparents, friends, etc. Hand the "phone" to your child and encourage them to talk.	Review the day. At bedtime, talk about the weather today and what it meant for you. "Today was COLD! I'm glad I wore my coat, because I was outside all morning."
WEEK 2	Stay curious. Natural curiosity helps babies figure out how the world works. This week, help your child learn by exploring, discovering and figuring things out.	How it falls... Drop items like feathers, pennies, pebbles and paper one at a time. Talk about how feathers flutter, pebbles drop, a penny falls quickly or slowly.	Lid match. Find things with a cover that you can take on and off. Ask your child to match the lids with the right bottoms. Try different lids and containers.	Push-pull playdough. Explore how pushes and pulls can change the shape of materials like playdough. You can also squeeze, tear, pat and pound the dough. Make balls, snakes and pancakes by rolling it.	And they all fall down... Invite your child to knock down a block tower they've built. Discuss how the blocks fall when you push hard or gently. What happens when you pull a block from the bottom?
WEEK 3	Play pretend. Pretending supports your child's development and helps them to solve problems, coordinate, cooperate and think flexibly. This week, focus on activities that incorporate pretend!	Make pretend soup. Gather a saucepan with lid, spoon and some small toys/objects. Say, "Let's make soup!" "What should we put in it?" Take turns adding ingredients. What will you call your creative soup?	Bath time stories. Make up a story about someone who takes a bath just like your child. Say things like, "First, they washed their hair," while you wash their hair. And so on...	Getting messy! Place containers with different amounts of water on a table or in a sink, along with spoons and cups. Encourage your child to pretend to measure, stir and cook. You can clean up the mess together!	Good morning, good night. Play the Good Morning, Good Night game. When you say "Good night," your child can pretend to sleep, then wake up when you say "Good morning!"
WEEK 4	Building relationships. Your child learns best when they have warm, engaged and responsive interactions with you. This week, focus on building your relationship with your child, allowing them to feel safe exploring.	Make comparisons. "Is there more water in this cup or that cup?" "Which book is heavier?" Give your child opportunities to compare two objects by weight, size and height.	What's going on? When you're reading a book, pause and ask, "What do you think is going to happen next? Why?"	Where is it? Hide a toy as your child watches. Ask, "Where is it?" and let them find it. Take turns. Create a cheer to use when each of you finds the toy.	Making dough. Give your child some water and a little flour to mix to make dough. Knead the dough and make shapes together, pretending to cook.

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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

SKIN SENSATIONS

Talk to your child about how things feel on their skin: "Your shirt is soft." "The wind is cold." See how they react and continue the conversation: "You like warm water in your bath!"

Brainy Background: Talking about everyday activities helps build children's vocabulary, communication skills, and their brains!

WEEK 2

OPEN-CLOSE, IN-OUT

Working in the kitchen? Give your child some safe plastic containers to open and close. Say "open" and "close" as they play. Show them how to take things, like spoons, in and out of the containers. Say "in" and "out." Make sure to talk to them about what they're doing.

Brainy Background: Children have an inborn curiosity that drives them to manipulate and adjust just about anything they touch. Channel their natural curiosity and fascination into meaningful experiences that help them practice investigating.

WEEK 3

FOLLOW MY FINGERS

With your child on their back, fly your hand above their face. Pretend your hand is a plane, a bird or a car. Talk about what you're doing. Tell a story, make sounds or sing. Do they grab your fingers, watch your hands move, or kick? Try different ideas to find what they like best.

Brainy Background: Pretend play helps your child make sense of their world. They also learn that objects can stand for other things.

WEEK 4

SNACKTIME CHALLENGE

Drop a small snack inside an empty clear plastic bottle. Encourage your child to get the piece out of the bottle. Do they shake the bottle or put their fingers inside? Can they try in different ways? If they're struggling ask, "What would happen if you turned it upside down?"

Brainy Background: You're helping to build your child's critical thinking and problem-solving skills when you encourage them to test out ideas and come up with answers on their own. By talking with them about what they're doing, you help them understand the world.



PARENT AND CAREGIVER CORNER

There is so much science behind play! While you are enjoying playtime together, you are not only building your child's brain, but you are strengthening your bond. It is amazing how time passes quickly, and your child changes so rapidly. This time together, whether it is short amounts or long ones, will be memorable with many milestones met. You are a wonderful caregiver, giving your child the best start in life. For expecting moms, staying active supports your overall health including reducing stress. Even walking 15-20 minutes per day can help you sleep better, improve your mood and promote physical strength.

As always, we're in this together!

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

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