

LEARNING AT HOME INFANT WEEK 2

March 30th-April 3rd



Dear Families,

We are excited to launch plans for Week 2. There are some great options for physical activities in an indoor environment. Additionally, some simple ideas with materials available at home to support the creative undertakings. We hope you enjoy this week's plan with your little ones!

Language Development

Reading Books

Sit with your infant to read books. Bring your child's attention to the illustrations in the book. Teach your infant new words by pointing out things in the story.



Social-Emotional Development

Peek-a-boo

Play peek-a-boo with your infant. Look for your infant's reaction when playing peek-a-boo. Use a mirror that the infant can look at themselves in and talk about their facial expressions.



Physical Literacy

Tummy Time

Practice tummy time throughout the day. Tummy time will strengthen your infant's neck and shoulder muscles. Provide the infant a tray with a little water and kitchen utensils for them to splash.

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Cognitive Development

Hide and Seek

Play hide and seek with your infant using toy animals. Cover the toy animals in front of your infant and let them find them.

Creative Activity

Oatmeal Painting

Using a taste safe paint recipe. Add oatmeal to the paint to add some texture. Let your infant spread the paint on the paper. Talk to your infant about the marks they are leaving behind and the texture they feel.

Taste Safe Paint Recipe

1/4 cup of flour

1/2 cup of warm water

2 to 3 drops of food coloring

Whisk together the flour, water and food coloring.



Additional Activities

Songs: Sing songs like Row, Row, Row your Boat and Twinkle, Twinkle Little Star.

Oatmeal Sensory: Fill a sensory bin (short container) with oatmeal. Add kitchen utensils and bowls for your infant to explore with.

Spider Web: Make a spider web basket using a laundry basket and yarn. Add objects to the bin and have your child reach for the different items.

Get Outside: Lay a blanket outside on the ground. Add some toys of interest and practice tummy time while getting fresh air.