

# LEARNING AT HOME INFANT WEEK 8

May 11th-15th



Dear Families,

We are excited to launch plans for Week 8. 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

### Daily Routine Talks

Talk to your infants during daily routines. Walk them through what you are doing during diaper changes, feedings or even getting dressed. Help them learn vocabulary by pointing out items during the routines.



## Social-Emotional Development

### Creating Routines

Try to create predictable routines with your infant. It helps your infant learn to know what is going to happen next. If after every diaper change you wash their hands, that becomes a routine for them.



## Physical Literacy

### Baby Yoga

Do some yoga with your baby. It helps relax your baby as well as learn to move their muscles.

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## Cognitive Development

### Toy Stacking

Help your infant learn to stack toys with toys you have at home. You can stack blocks, stacking cups or other items you have that might stack. After helping them stack, let them knock over the tower and start again.



## Creative Activity

### Painting with Flowers

Let your baby use flowers to make marks on paper. Bring their attention to the marks that they are making with the flowers.

### Taste Safe Paint Recipe

Greek Yogurt

2 to 3 drops food coloring

Add the Greek yogurt and food coloring to a bowl and mix.



## Additional Activities

Sensory Bottles: Add flowers to an empty water bottle. Glue on the top and let your infant explore the bottle looking at the flowers.

American Sign Language: During meal times, practice signing more and water with your infant.

Sensory Bag: Make a sensory bag with flowers, leaves and other nature items. Add water, close the bag tight, and tape the bag to the ground for your baby to explore during tummy time.