

Activity Instruction Card

Your Infant At-Home Kit includes 3 board books, a stuffed frog named Lily, a Peeper Puppet, a heart teething ring, a sign language poster, bubbles, blocks, a mirror, and chubby crayons. A set of 12 double-sided activity cards is designed to fit on a handy metal ring for quick and easy use.



It's easy to get started!

1. Take a few minutes to look through your Infant At-Home Kit and find the activity cards and other components. Once you become familiar with the contents of the kit you are ready to spend quality learning time with your little one.
2. Find the activity card that has the age of your baby: 0–3 months, 3–6 months, 6–12 months, or 12–18 months.
3. Decide whether you want to offer an activity that will support your child's growth in language, physical, social-emotional, or cognitive skills. Each age-related card features several choices in each domain. Choose one that you and your baby will enjoy doing or one that addresses an area in which your child would benefit from additional practice. Gather the materials you need to implement the activity either from your home or from the resources in the Infant At-Home Kit.
4. Follow the activity as described on the activity card. Activities can be repeated or modified depending on your baby's engagement level.
5. To enjoy more special time with your baby, choose a book you would like to read. While reading, point at pictures and name them. Ask your child to point at pictures you name. Let your older infant help turn the pages.



Activity Instruction Card



Your Infant At-Home Kit also grants you access to the digital Frog Street Portal. Through the portal, you will be able to find a library of music that is perfect for playtime with your infant. Babies love music and rhythms, which play a profound role in shaping the brain. As children grow, music may foster their communication skills by helping them learn to talk, read, and even make friends.

You will also have access to helpful information about child developmental progressions, and more! To access this information, go to portal2.frogstreet.com/infantathome.

Infant At-Home Kit Contents



Welcome Letter



Activity Cards
(12 double-sided cards with Metal Ring)



Sign Language
Poster



Chubby Crayons



3 Board Books



Bubbles



My First Mirror



Peepor Puppet



Heart
Teething Ring



Soft Squeak Blocks



Mini Lily
Plush Frog

Language Development

○ Smile

Babies will consciously smile at you between 6 and 8 weeks. When babies intentionally smile, it is a signal that they are ready for more interactions with you (singing, talking, cooing, babbling). Smile often at your little one. Make sure your face is 9 to 14 inches away from your child's face so he can see you well. The more you smile, the sooner he will smile back.



○ Read the Message

Newborns communicate using their body and facial expressions. Learning to read your baby's body language (the cues your baby gives through gestures and movements) will help you know what she needs. Here are some common cues your baby will give you and how you can respond.

Body Language: Pulling legs up to tummy and fussing or crying.
Message: Your baby might be feeling some pain, such as normal gas pains.

Body Language: Turning head away.
Message: Your baby is probably telling you to stop what you are doing. Try something different or if that doesn't work, give your little one a break from play with a walk or a quiet cuddle.

Body Language: Arching back.
Message: Your baby is objecting to what you are doing. If what you're doing isn't essential, stop. If it is essential (like buckling her into her car seat) be loving and playful. Sing a little song as you get the job done.

○ Funny Sounds

Making funny sounds will not only entertain your baby but also draw attention to your mouth. Your baby will soon imitate your mouth movements and be on his way toward learning to speak. Hold your little one so that he can see your face and mouth as you make funny sounds, such as clucks, smacks, and coos. Copy your baby's sounds and encourage him to copy your sounds.



○ This Little Piggy

Babies need daily time with bare feet so they can exercise their feet and toes. Gently wiggling and tickling your baby's feet and legs encourages your little one to flex and stretch her foot muscles. Sit with your baby in your lap facing away from you. Repeat the rhyme "This Little Piggy" using your baby's toes as the piggies.

This little piggy went to market.
This little piggy stayed home.
This little piggy asked for roast beef.
This little piggy had none.
And this little piggy went "wee,
wee, wee" all the way home.

(wiggle big toe)
(wiggle next toe)
(wiggle next toe)
(wiggle next toe)

(wiggle each toe from little back to big)

○ Read Books

Reading to your child will help her learn to think, build vocabulary, and develop cognitive skills. Around 3 months of age, your baby will enjoy looking at brightly colored picture books that show common objects. You can even create your own photo books by taking pictures of common objects around the house or pictures of family members.



○ Turn the Pages

Learning how to hold a book and turn pages are important steps in learning to read. Choose a simple board or fabric book with little or no words and large illustrations or photos. While holding your baby in your lap, turn the pages of the book slowly. Point to the pictures that your baby seems to notice. Say the names of the objects or read the book text. Little ones enjoy listening to the tone of your voice, cuddling up with a book, and watching you turn the pages.

○ See and Do

Around 5 months of age, babies become intentional at imitating and mimicking sounds. Make a sound and encourage your baby to copy it. Try a variety of sounds (babbling, repeating a syllable like **ma-ma-ma**). Try a series of movements (putting your hands together, waving, wiggling fingers). If your baby responds, continue the game. If not, turn the game around and copy him.



○ Kiss My Nose

Babies listen to language around them as they keep track of sounds and words. They “chat” through cooing and babbling noises. Their language is developing long before they say words. Repeat the rhyme while touching and moving your baby’s hands and feet.



Baby has ten fingers. (*touch baby's fingers*)
Baby has ten toes. (*touch baby's toes*)
Baby has a big smile. (*touch baby's mouth*)
And a tiny nose. (*kiss baby on nose*)

You can substitute your child’s name for the word *baby*.

Language Development

○ Read and Point

By the age of 6 to 12 months, babies enjoy listening to the sound of their parents' voices. Hold your baby in your lap with a book in front of her so you can both see the book. Encourage your baby to reach for the pages and touch pictures of the objects and colors as you describe them. It's never too soon to share reading experiences. You can help your little one isolate her fingers as you help her point to the illustrations.



○ Hand Me the Ball

Your 8-to-12-month-old baby may be able to point to an object (body parts, toys, clothing) that you name. He also understands a few phrases. During this time, it is important to offer plenty of practice naming and identifying objects. Place a ball, a block, and a book on the floor. Ask him to hand you the ball. When he identifies the ball and hands it to you, ask for the other objects one at a time. Repeat the game using three different objects.



○ Baby Signs

Around 8 months of age, your baby understands almost everything you say to her. She is rapidly developing receptive language (listening to and understanding others). It is her expressive language (speaking) that takes longer to develop. Teaching sign language can help her communicate. Teach your little one American Sign Language for **eat, drink, more, all done**, and other words and phrases. Use the sign language poster for other words. Soon your baby will be able to let you know when she wants *more* by using the sign herself.



○ Watch My Hands

Older infants like to follow directions. Because they understand more words than they can say, using gestures helps them show their understanding. Talk with your little one about things his hands can do. Perform this fun chant. Invite your baby to copy your movements. Make up new verses with different actions your hands can do.

I can **wave** my hands.
I can **shake** my hands.
I can **clap** my hands.
I can **raise** my hands.
I can **hide** my hands.

○ Favorite Characters

Older infants can follow a storyline. They can also identify a favorite character, point to a specific object in an illustration, and identify a book by its cover. Hold your little one in your lap so you can both see a book as you read. Read the story with expression, stopping if your little one asks a question. After reading, take time to discuss the book. Ask your child to point to or name her favorite character.



○ Playing with Sounds

Words that rhyme have the same ending sounds. Play with words and sounds to make rhyming words by changing the beginning sound. It doesn't matter if the new "words" are real or not. For example, when you have milk at breakfast say, "milk, bilk, wilk, nilk, silk" and laugh together.



○ Did You Hear That?

Model good listening habits by paying attention when friends or family members are talking. Point out every day sounds, such as the hum of the refrigerator, a door closing, or rain hitting the roof. Take your little one outdoors and sit on a blanket together while you listen for sounds. Ask if your child can hear what you are hearing. For example, you might ask, "Do you hear that dog barking?"



Fine Motor Development

○ **Follow My Finger**

At 2 to 3 months, your baby will track objects that you move in front of her. This is a great way to get your baby's attention and to model how fingers move. Lay your baby on her back. Hold your mini Lily plush frog or place the Peeper Puppet on your hand. Move the puppet slowly toward or in front of your little one. Tracking an object will help your baby focus her eyes. When she is older, encourage her to hold the Peeper Puppet on her finger.

○ **This Little Finger**

Moving your baby's fingers and toes often will help him build muscles. Play "This Little Piggy" using your baby's fingers. Wiggle each finger as you name each "piggy."

**This Little Finger**

This little piggy went to market.

This little piggy stayed home.

This little piggy asked for roast beef.

This little piggy had none.

And this little piggy went "wee, wee, wee"

all the way home.

(wiggle thumb)

(wiggle pointer finger)

(wiggle middle finger)

(wiggle ring finger)

(wiggle each finger from little finger back to thumb)

○ **Hold My Finger**

Infants are born with very little muscle control. Most movements at birth are automatic reflexes. Place your finger in your little one's palm. Encourage your child to grasp your finger. Your little one won't hold on for long, but he will grasp again each time you press your finger into his palm. Say the "Grasping" rhyme while you play.



I place my finger in your left palm.

You grab it and hold on tight.

Your left hand is growing stronger.

Now let's try it with your right.

3-6
months

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Family Learning Fun Infant Activity Card

Fine Motor Development

○ Kitchen Toys

Around 6 months, babies start to use their whole hand to grasp toys and objects and like to bring toys to their mouth for exploring. Gather a basket of objects for your baby to hold and explore when you are in the kitchen. You might choose soft sponges, a set of measuring spoons or cups, a plastic storage container, the Heart Teething Ring, a block or a dishcloth. Choose objects that are easy to hold, colorful, or make noise. Your baby will enjoy holding and shaking different “toys.”



○ Reach Out and Grab It

When your baby is about 5 months old, he will be able to reach out and grab a toy or an object. To help your little one develop grasping skills, gather a variety of objects (including the blocks provided in your kit), in several different baskets or tubs. Enjoy your baby’s play and join in with the grasping and dropping. Offer items that fit in one hand as well as bigger objects that require a two-handed grip. Vary the shape of the items you offer. Picking up a ball requires different fine motor skills than grasping a block.



○ Squeeze the Sponge

During the first months of life, babies need repeated experiences squeezing, grasping, and pinching. All these activities will strengthen your baby’s muscles. During bath time, give your little one small sponges to squeeze. Babies enjoy feeling the texture. Squeezing the sponges will help your child develop muscles.



Fine Motor Development**○ Sticky Ball**

Some little ones are hesitant to touch unfamiliar objects. If your baby shows no interest in an activity you present, don't force it. Choose another activity. Make a ball by wadding together strips of masking tape, sticky side out. Hand the sticky ball to your little one to see what she does when the ball sticks to her hands. Supervise closely so she doesn't put the tape in her mouth. Generally, babies will pass the ball from hand to hand as they marvel at the stickiness. Describe the stickiness of the ball to her.

**○ Twinkle Fingers**

Babies' finger muscles continue to develop throughout the preschool years. These muscles will allow children to eventually hold a pencil to write, button and zip clothing, and feed themselves. The more little ones exercise their fingers, the quicker they are able to do these skills. Show your child how to open and close his hands like stars twinkling. Encourage your little one to make these hand movements as you sing "Twinkle, Twinkle, Little Star."

**○ Washing Rocks**

Washing rocks helps children become better prepared for handling a bar of soap. The rocks are slippery but not as slippery as soap. Add a few drops of tear-free baby shampoo to a small tub filled with water. Invite your little one to use a sponge to scrub a smooth rock (large enough that it won't present a choking hazard) in the soapy tub of water. It is a great experience to take outside in the yard or on the deck.



Fine Motor Development

 Scribble with Me

Little ones between 1 and 2 years old enjoy scribbling.

They begin by making random marks on paper, often without even looking at their marks. Cover a small table with drawing paper. Tape the paper in place so it doesn't move around. Invite

your little one to sit with you at the table and scribble with the large, chunky crayons provided in your kit. Talk with your little

one as you work together. Describe your drawings. Acknowledge your little artist's marks. Follow her lead and copy some of her marks.

 **Using a Spoon**

Your little one needs fine motor control to feed himself whether he is eating finger foods or using a spoon. Give your child a child-size spoon to hold as you feed him. This will help him understand that a spoon is a part of eating. Once he starts using the spoon with purpose, put your hand on top of his to show him how to scoop his food. Do this a few times during mealtimes until he starts to use the spoon himself.

 **Soap Play**

One-year-olds can begin to help with a hand-washing routine. They can move a bar of soap around in their hands and move liquid soap over their hands. Invite your little one to play with bars of soap in a tub of water. Describe the way the soap is used for washing her hands as she plays.



Gross Motor Development

○ **Bicycle**

At 2 months old, many babies will pull up to stand when in your lap. Pulling up offers important leg exercise. Lay your little one on her back and move her legs in a bicycle motion as you sing or chant. Hold on to both of your baby's hands and gently lift your little one to encourage her to stand on your lap. Practice this often to strengthen your baby's legs while singing "So Sweet Upon Your Feet."

So Sweet Upon Your Feet*(Tune: "Bicycle Built for Two")*

Baby, Baby, here is your story true.
I'm so happy just to be here with you.
Won't be long before you're walking.
And soon after, you'll be talking.
You'll look so sweet upon your feet.
Exploring a brand new world.

○ **Toe to Ear Stretch**

Cross-lateral movements (moving arms or legs across the middle of the body) allow babies to connect both sides of their brain.

Toe to ear stretch
Toe to ear stretch
Tickle, tickle, right ear
Then the left

Tickle your chin.
Tickle your chest.
Tickle, tickle everywhere.
Now let's stretch.

(stretch baby's arms wide, and then pull baby up for a big hug and kiss.)

Lay your baby on his back and

sit at his feet. Gently hold your baby's right leg down while lifting the left leg up and across his body to tickle his right ear. Return to starting position and repeat, stretching the right leg up and across to the left ear. Recite the "Toe to Ear" stretch.

○ **Heads Up!**

At first, babies may not like tummy time and will let you know by fussing or crying. To help your child enjoy this important time, begin with a tummy-to-tummy position. Lie down and place your baby on your chest. Seeing your face will help your child adjust to this new position. Talk or make sounds and encourage your baby to look at you. Later, place your baby on a blanket on the floor. Place interesting objects such as the Heart Teething Ring, Soft Squeak Block or Lily the stuffed frog near your child, which will encourage her to raise her head. Aim to do tummy time several times a day.



3-6
months

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Family Learning Fun Infant Activity Card

Gross Motor Development

○ **Belly Crawl**

About half of babies begin crawling using the belly crawl. They keep their tummy against the floor as they move. When laying your baby on the floor for tummy time, place a few of his favorite toys just outside of his reach. Encourage him to grab one of the toys. Move the toy side to side and say, "Can you get it?" Encourage him to scoot forward. When you notice he is getting tired or losing interest, move the toy within his reach.



○ **Super Baby**

Activities that gently rock, roll, tumble, slowly spin, or tip your baby are called *vestibular activities*. These exercises stimulate the body's sensory systems and help your child feel the effect of gravity. Lie on your back and lay your baby on your stomach. Gently pick up your little one and hold her up over your chest and face while making flying noises. Rotate her back and forth and up and down, always keeping her where she can see your face. Lower your baby gently and give her a kiss. Do this activity no longer than 2 minutes at a time.



○ **Dance with Me**

Daily movement and exercise is important, and babies love to move. Hold your baby on your hip and move and dance around the room. Play music and sing as you dance.



○ **Baby Squats**

By the time a baby is 6 months old, her legs are strong enough to bounce, squat, and stand. This activity will strengthen her leg muscles. Sit and support your baby gently under the arms in an upright position, facing you. Your baby's feet should be on your thighs. Encourage your baby to bend her knees and bounce up and down. Vary the activity by turning your baby away from you.



Gross Motor Development

○ Point of View

As your baby crawls on the floor, he is seeing things from a different perspective from when you are carrying him. Get on the floor and crawl with your baby. Name the things you see on your journey. Create a path of objects such as a stuffed Lily, a rattle, and the blocks in your kit. Stop and talk about the items as you pass them.



○ Walking My Baby

Children may begin to walk between 9 to 18 months. Most babies will pull up on furniture around 9 months and can often walk while holding your hand. Play "Walking My Baby Back Home." If your child is not walking, place her on the floor and move her legs to the music or words. Hold the hand of your walker as you walk around the room or yard.

Hold my hand as we toddle along,
Step by step, as we're humming our song.
Side by side, we'll just take it in stride.
Step by step, I'll be right by your side.

○ Tunnel Fun

As soon as your baby begins to crawl and move about, you can create a fun pathway for your baby to navigate. Place a blanket or sheet over a rectangular table to create a crawl-through tunnel. Another option is to cut holes in a large cardboard box. Place a special toy on the far side to motivate your baby to crawl through the tunnel.



○ Roll a Ball

Help your baby practice balance and mobility by rolling a ball back and forth. Sit on the floor opposite your baby with your legs spread wide to create a barrier for catching the ball. Encourage your baby to also spread his legs. Roll the ball back and forth. Encourage him to reach for the ball, grab it, and roll it back to you.



Gross Motor Development

○ Exercise with Me

Teach your baby some simple exercises and do them daily with him. Little ones can easily do toe touches, torso twists, and squats. They can even learn to do jumping jacks with some practice. Start by just having him jump his feet in and out. Later add arms.

**○ Copycat Games**

Play copycat games such as Pat-a-Cake and Peek-a-Boo with your little one. Use gestures, such as waving good-bye and hello, pointing, patting your heart for "happy," and clapping to show praise for all good things.

**○ Stop and Go**

Play "Stop and Go" with your little one. Say, "Go, go, go go" and then suddenly announce, "Stop!" Explain to your little one that she can move freely while you are saying "go" but must stop and stand perfectly still when you say "stop." Invite your little one to move while music is playing and stop when the music stops.

**○ Walk the Line**

Give your little one the opportunity to practice balance. Place a strip of masking tape on the floor. Your beginning walker may have trouble staying on the line during his first attempts but will improve with repeated practice. If he struggles, hold his hand and walk the line beside him. Offer encouragement by saying, "Right foot step. Left foot step." He will not understand right and left, but the chant will signal changing feet.





Cognitive Development

○ Follow This

Place a Peeper Puppet on your fingers. Move your hand slowly from left to right in front of your baby. Sing this song to the tune of "Are You Sleeping?"



Can You See Me?

(Tune: "Are You Sleeping?")

Can you see me?

Can you see me?

Baby (name). Baby (name).

I'm a Peeper Puppet.

I'm a Peeper Puppet.

I see you! I see you!

○ Bubbles

Babies can see 9 to 14 inches from their face at birth. By the end of the third month, they will show interest in objects across the room. Sit outdoors with your baby in your lap. Blow bubbles that float at eye level in front of her. Talk about the bubbles and point at them as they float away.



○ Make It Happen

Sit on the floor with your baby and experiment with various cause-and-effect toys, such as rattles, music boxes, balls, and Soft Squeak Blocks in your kit. Demonstrate the cause-and-effect cycle, such as when you shake the rattle (cause) it makes noise (effect). Coo back when your baby coos. Smile back when your baby smiles.



○ Outdoor Outing

Babies will develop the brain wiring to handle all the new information they receive through their senses (lights, sounds, temperatures, visual images) during the first few months of life. Hold your little one in your arms and take him outdoors on a sunny day. Walk around the area and describe the things you see and how the weather feels. Introduce your baby to new sights and sounds, focusing on a small area of the outdoor space.



○ Facial Expressions

Sit your little one on the bathroom counter facing the mirror. Stand behind her and wrap your arms around her for safety. Smile and tell your little one this smile means you are happy. Frown as you explain that a frown is a sad face. Continue naming other expressions as you show matching facial expressions.



○ Comforting Myself

As early as 1 month old, infants react emotionally to their environment. By 4 months, they can recognize differences in angry, happy, and expressionless faces. It is important that as your little one develops and matures, he learns to manage his own emotions. When your little one becomes upset, offer support and comfort. Give your baby a choice (mini Lily, a favorite toy or blanket) to help himself feel better.



○ Family Photo Album

Gather some family photos and display them in a photo album. Sit with your little one and talk about the photos on each page as your little one helps turn the pages. Encourage your child to point to a specific family member by asking, "Where is brother? Where is Daddy? Can you find Grandma?"



○ Splash and Sing

When babies clap their hands together or tap the water to make it splash, they have a new sensory experience. Sensory experiences send messages to the brain and allow your baby to develop an understanding of the attributes of water. As your little one sits in her bath, gently tap the water to make a little splash. Sing



This is the way to splish and splash,
Splish and splash, splish and splash.
This is the way to splish and splash,
As you have your bath today.

the "Splish Splash" song to the tune of "Here We Go 'Round the Mulberry Bush" as you splash. Your little one may splash too.



Cognitive Development

○ Drop It

Gather a cookie sheet and several items that can be safely dropped (for example, your small block, Heart Teething Ring, a plastic spoon, or small ball). Place your little one in a highchair and the cookie sheet on the floor below him. Invite him to drop the items on the cookie sheet. Describe the sound each item makes.



○ Plastic Storage Containers

Invite your child to explore a collection of containers. Encourage him to stack the containers. You might say, "This stack is taller than that one." Count the containers and describe the sizes (big and small). Your child will not fully understand these math concepts, but hearing the words will help him build vocabulary and a beginning math foundation.



○ Two Make a Pair

Matching body parts is a great way to begin helping your little one understand the concept of pairs (two of the same). Place both of your hands palm to palm with your baby's hands and say, "We each have two hands. We each have a pair of hands." Sit in front of a mirror with your baby in your lap. Point out that she has two ears (a pair) and two eyes (a pair). Count them: one, two.



○ In and Out

Children learn new words best when they experience them in everyday routines. As you and your little one go through your day, focus on the opposite word pair **in** and **out**. Invite your little one to play with a laundry basket. Show her how you put your mini Lily plush puppet in and out. Encourage her to get in and out.



Cognitive Development

 Heart Hunt

Cut pairs of hearts from different colors of construction paper (two red hearts, two blue hearts, two green hearts, etc.). Hide the colored hearts around a room. Show your little one a heart cut-out and then send him to find all the hearts. After the hunt, help your child sort the colored hearts in matching pairs. You can also hide the Heart Teething Ring for your little one to find.

 **Magic Movers**

The scientific principle that air can move objects is one that little ones need not fully understand, but exposure to it will help them grasp the concept later. Make paper fans by accordion-folding pieces of construction paper. Show your little one how to create a breeze with the fan. Then show her how to use the breeze to move cotton balls or wadded paper balls.

 **On and Off**

Little ones love flashlights. By 12 months, they can learn how to turn the flashlight on and off, which provides a great opportunity to teach them about opposites. Give your little one a flashlight to explore. Demonstrate how to turn the flashlight on and off. Say the words **on** and **off**. Encourage your little one to turn the light on and off. Help him use the words to describe the light.

 **Copy My Stack**

Playing with blocks offers little ones opportunities to use their imagination to build in many ways. Sit on the floor with your child and build with the Soft Squeak Blocks in your kit. Stack three blocks and encourage her to copy your tower. If she is successful, rebuild your tower using more or less blocks and invite her to copy it again.





Social Emotional Development

○ Hugs

It's never too early to hold your little one gently and give him a hug. By 5 months, some babies can give hugs back. By 8 to 9 months, try asking your baby for a hug. Hug your little one and then ask him to give you a hug. Hug a favorite stuffed animal or Lily the stuffed frog and then ask your little one to hug the stuffed toy.



○ Be Fully Present

Babies know when you are fully engaged and when you are distracted. Use routines to interact lovingly with your little one to build trust. Your baby is looking for eye contact, smiles, touch, and talk. These actions keep her engaged. Talk with your baby while you are feeding, playing, and bathing her.



○ Make Me Smile

At birth, babies are able to see only 9 to 14 inches from their face. They watch your mouth move as they listen to the sounds of your voice. Recite one of your favorite rhymes or sing a favorite song while changing your baby's diaper, feeding him, or anytime throughout the day. Try the "Smile" chant or song. Can you make your baby smile?

Smile

(Tune: "Row, Row, Row, Your Boat")

Smile, smile, smile at me
Morning, noon, and night.
When I get a smile from you,
Everything's all right!



○ Calming Baby

If your baby is fussy, hold her close and breathe deeply. She will eventually regulate her breathing to match yours and calm down. Some babies respond to the feel of their bare skin on your bare skin.



3-6
months

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Family Learning Fun Infant Activity Card

Social Emotional Development

○ Who's That?

Babies will giggle and laugh when they look at themselves in a mirror, but since they do not have a "sense of self" yet, they do not recognize this image as themselves. In fact, they won't see themselves as separate from you until they are 16 to 18 months. Sit with your baby in your lap facing a mirror. Tell your baby how handsome he is or how beautiful she is. Talk about your baby's pretty eyes and cute nose.



○ Goodnight, Baby

Rock your little one until she is calm and then place her in her crib. Gradually shorten the amount of time that you soothe your baby before bed. Follow a predictable bedtime routine. Before bed, you might read your little one a book, give her a bath, or rock her for a few minutes while singing a song.



○ Special Greeting

Babies who recognize and respond to their name are showing auditory discrimination. Auditory discrimination is the ability to recognize different sounds. Make up a special greeting for your little one. Use the greeting each time you enter your child's room. When you sing songs and recite rhymes, use your child's name as part of the lyrics.



○ Transitions

Transitions are easier for your baby when you plan for them. Sing to announce a change of activity or say your baby's name to announce your presence. Smooth transitions are dependent on making sure your baby knows what is going to happen next.

Diaper Changing Time

(Tune: "London Bridge is Falling Down")

Now it's time to change your diaper,
Change your diaper, change your diaper.
Now it's time to change your diaper,
My sweet baby!



Social Emotional Development

○ Move to the Beat

Encourage your little one to feel the beat and tempo of a favorite tune. Play slow music while holding your baby close and gently swaying. Play a faster tune and move your body faster as you hold your baby. Place your baby on the floor and gently move his arms and legs to the music's beat. Enjoying fun activities together is a great bonding opportunity.



○ Come Along

Everyday activities are powerful bonding opportunities. Carrying your baby lets your little one experience your point of view and allows your baby to tune into her environment. Carry your little one in your arms or position her in a baby carrier. Stroll around the house, yard, or your neighborhood. Describe the things you see and what you are doing. Move slowly so that you introduce your baby to only a few new sights and sounds at a time. You are building a strong bond and your baby feels safe.



○ Transitions

Transitions take place when you move your little one from one place to another. To transition in a calm way, warn your child that a change is coming. For example, say, "It's time to clean up our toys so we can eat our



Clean Up Time

(Tune: "Do You Know the Muffin Man?")

Oh, can you put the toys away,

Toys away, toys away?

Oh, can you put the toys away?

It's time to end our play.

lunch." Sing "Clean Up Time" to announce your change of activity. Smooth transitions are dependent on making sure your baby knows what is going to happen next.

12-18
months

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Family Learning Fun Infant Activity Card

Social Emotional Development

○ Part of a Family

Create a poem for your little one about your family to help develop a sense of belonging. Personalize the poem to match members in your family. Show a family photo while you say the poem.



I'm part of a family.
Yes, siree.
I'm part of this family.
Can't you see?
There's mommy, daddy, sister, brother,
And then there's (*child's name*). That's me!

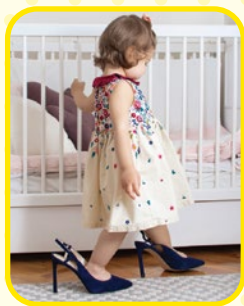
○ What's Behind My Back?

Hide a small, interesting object (button, picture of a family member, your mini Lily puppet or other stuffed toy) in one hand behind your back. Ask your little one if he can guess what you have in your hand. Build anticipation by asking him to choose which hand it is in. Then reveal the object. Your little one will be proud when he guesses right.



○ Silly Actions

Do silly things that will make your child laugh, such as making silly faces or pretending to wear his clothing (shoes or hat). Your little one will giggle at your actions. Invite her to be a part of the show by wearing a hat that is too big or trying on your shoes. Having fun together creates a special bond.



○ Let Me Do It

Self-esteem is the result of experiences that help a little one feel capable, effective, and accepted. Your child develops self-confidence when she does simple tasks on her own. At mealtime, bath time, and bedtime, encourage your little one to try new skills (picking up food, dressing herself, brushing her teeth). Praise her efforts whether she succeeds or not.



For Learning with Your Little One

Reading to Little Ones

1. Find a quiet time when you have 10–20 minutes to focus on reading.
2. Cuddle your baby in your lap or invite an older infant to sit on your lap or at your side.
3. Read the words or describe the illustrations enthusiastically.
4. Turn the pages slowly. Older infants may want to help turn the pages.
5. Read the book again if your child shows interest. Consider re-reading with different voices, intonations, or sounds.



Talking to Little Ones

1. Between months 0-2, hold infants 9 to 14 inches from your face when speaking to them. For 3-18 months, you can provide your infant with some variation on where you are while speaking to them.
2. Speak often while performing normal routines.
3. Speak slowly and clearly.
4. Use a high-pitched, sing-song voice.
5. As with reading, consider using different intonations or sounds. Play with language. Recite rhymes. Whisper.



Stimulating Curiosity in Little Ones

1. Attach a mobile to your baby's crib (before your child is able to sit up).
2. Place a colorful toy on the floor beside your baby. Turn the toy after a few minutes so your baby sees a new view.
3. Speak to your baby using a variety of voice tones. Provide rattles that make a variety of sounds.
4. Vary the spot you place your baby for floor time.
5. State cause and effect relationships as they occur during activities or spontaneously. For example, say: "The rattle makes a louder sound when you shake it hard."





For Learning with Your Little One

Encouraging Little Ones to Move

1. Provide safe areas for your older infant to climb.
2. Lead your little one in simple exercises.
3. Invite your child to follow the directions in action songs.
4. Play follow-the-leader games.
5. Include outdoor play daily when weather permits.



Calming Little Ones

1. Swaddle your baby for the first couple of months.
2. Use swooshing sounds while holding your baby.
3. Sway side to side while holding your baby.
4. Be sure your baby's clothing fits loosely and is comfortable.
5. Keep bright lights, loud noises, and heavy fragrances to a minimum.



Handling a Tantrum with Little Ones

1. Put into simple words what you believe the problem is. Many tantrums escalate because your child may not think you understand what he wants.
2. Move on with your task. Let your child cry it out.
3. Wait until your child is calm before speaking to her about the conflict.
4. Briefly explain why she couldn't have her way.
5. Remember that your child understands your words long before he can use language. You can teach your child sign language to help him communicate.

