

# DELAWARE EARLY LEARNING FOUNDATIONS: Infant/Toddler



## Family Activity Book

*Distributed by:*  
**Delaware Department of Education  
Early Development and Learning Resource Group**

The learning experiences in this family activity book are linked to the Delaware Early Learning Foundations: Infant/Toddler.

[http://www.doe.k12.de.us/infosuites/students\\_family/earlychildhood/files/InfTodELFfinaljul2010.pdf](http://www.doe.k12.de.us/infosuites/students_family/earlychildhood/files/InfTodELFfinaljul2010.pdf)

*(You can access this through the above link **or** scan the QR code with your mobile device.)*



The learning experiences are intended for children birth through three years of age. They have been developed to be completed with adult participation. Adults should carefully consider the activities that would be most useful for the children's development levels and interest.

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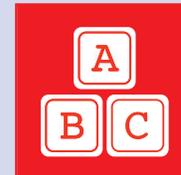
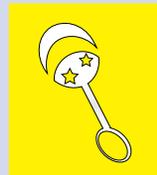
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## Social Emotional Development

Babies come into the world ready to connect with the people around them, as well as their surroundings. Change happens rapidly during the first year of life. By their third birthday babies progress from being able to alert the caregiver with a hungry cry to communicating complex desires and labeling basic emotions.

In the first twelve weeks of life babies are oriented toward their caregiver. They respond to touch, being rocked, and familiar sounds. They focus visually on faces, looking intently at their caregiver when being held. Newborns can call for help with a cry, calm down when fed, held, or rocked. They are curious about new objects they can see, or new sounds they can hear. They often want what is familiar. Babies are social and curious, but they are most tuned to their basic needs. During these first three months, caregivers should be responsive to these needs, so babies develop trust and start to learn to soothe themselves when upset.

When babies are between 4 and 8 months of age they become more aware of the world around them. They are still focused on people but are more willing to sit on laps facing out towards the world. They smile and laugh more frequently and make sounds as they interact with others. They still need to be held and comforted when upset. As babies begin to move around, rolling over, crawling, and creeping, their world gets bigger. They explore from a secure base, liking to have familiar people and toys around them.

After 8 months of age, as babies start to walk, they need to develop self-control to be successful in all that they attempt. Toddlers are very curious and active, needing caregivers to be consistent and keep them safe as they explore. Children need help from caregivers to learn how to get along with others. They need places where people understand their unique temperaments, learning styles, and interests. Caregivers respond by setting limits, redirecting, and bringing impulsive behavior under control. When caregivers predict and prevent problematic situations, talk about feelings and label emotions, they help children develop language to communicate, and to help with self-control.

By the time children are three years old, they are active and curious, and they are also aware of their own feelings. When upset, they are able to calm quickly. Young children need support to learn social and emotional skills. Professionals need to provide intentional, interactive learning opportunities to help young children learn the skills they need to develop resiliency. Research shows that crisis moments when children are in conflict, are not the best teachable moments. Professionals should select occasions when children are calm and attentive to engage in interesting demonstrations. Children often require ongoing support by patient caregivers as they practice concepts related to understanding feelings, calming down, developing friendships, and solving problems.

## Social Emotional Self Awareness-SE1

2

Express feelings, emotions, and needs in a responsive environment

**Birth to  
6 months**



### Baby's Feelings

When your infant calls out to you, whether by crying, cooing, fussing or giggling, he is learning to communicate. Respond to him quickly so that he will learn that he can count on you to respond to his needs.

### Happy Little Baby

With a smile in your voice, talk to your infant about feeling happy. Make cooing sounds to elicit a smile. Respond to his reaction.

**6 to 12  
months**



### Happy Baby

Be aware of your baby's emotions and needs. Learn her routines. This will help you understand what your baby wants when she is crying. When she is crying use words to say the emotion your baby is having. This will help you understand what your baby is expressing when she is crying or smiling.

### Back Rub

Respond to your baby's crying by making soothing sounds and gently massaging and rubbing her back. Talk to her about how you understand she is upset and that you are trying to help make her feel better.



**12 to 24  
months**



### I'm Feeling Happy

Find faces with different emotions or draw faces if needed. Show each picture to your toddler and talk about the emotion in the picture. Make a face yourself and have your toddler imitate your face.

### Hello, How Are You

Give your toddler a pretend phone and hold another pretend phone to your ear. Say hello to your toddler on the phone. Encourage conversations with your toddler on the phone. Ask him how he is feeling and what he is doing.

**24 to 36  
months**



### Feelings Memory Game

Make a "feelings" memory game. Draw different emotions on index cards. Make sure you have two pictures for each emotion. Turn the cards over and mix them up. Let your child pick two cards to find a match. Start with familiar emotions such as: happy, sad, angry, scared, and excited. Expand the game to include other emotions when your child is ready.



### Puppet Play

Use puppets to help you discuss emotions with your child. Make the puppet express emotions. Encourage your child to imitate the emotion.

# Social Emotional Self Awareness-SE4 Begin to develop independence

**Birth to 6 months**



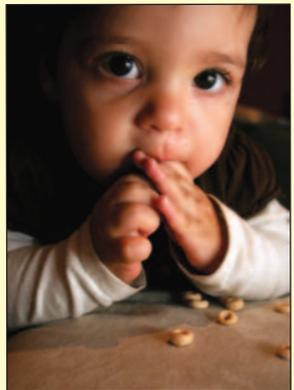
**Amusement**  
Create opportunities for your infant to enjoy short periods of independence. When he is playing with his fingers or watching something near him, he is learning to amuse himself. Allow your infant the opportunity to have alone time a few minutes every day.

**Tummy Time**  
Place your infant on his tummy. Let your infant explore on his own by placing a few toys within reach. You can have things like an unbreakable mirror or rattles within sight or reach.

**6 to 12 months**



**Finger Food**  
Offer finger foods for your baby so that she can learn to pick up the pieces using her thumb and finger. During each mealtime, allow your baby the opportunity to feed herself.



**Pulling Socks**  
When it is time to change your baby's clothes, encourage your baby to pull off her socks and shoes when she is at home. As she is doing this, talk about her feet and toes.

**12 to 24 months**



**I Spy**  
Cut out magazine pictures of everyday household items. Paste the pictures on index cards. Let your toddler pick an index card and try to find that object in your home. Repeat with each card.

**Architect**  
Provide your toddler with several empty boxes or containers. Cereal boxes, tissue boxes, cracker boxes, and oatmeal containers work well for this activity. Encourage your toddler to build structures with the boxes. Follow his lead by asking him where to place a box or container. Take turns placing boxes while you build.

**24 to 36 months**



**Giving Choices**  
Provide as many choices for your toddler as you can throughout the day to allow for independence. Let her pick out a shirt to wear, a book to read, or ask if she wants milk or water with lunch. The more choices she makes, the less likelihood of temper tantrums.

**Do What I Do**  
Build a simple structure with blocks. Have your child make the same structure. Then have her build a structure and you reproduce the structure that she just made.

## Social Emotional Self Regulation-SE6

### Begin to develop calming and coping skills

**Birth to  
6 months**



### Baby's Relaxation Time

Gently rub the back of your baby's hand, the top of his head, cheek, or forehead. He might find it soothing and relaxing.

### Calm, Calm Baby

When your infant is upset, pick him up and rock him while singing softly. As you help him calm down, he will begin to discover ways to calm himself. When you place him in his crib, have soft music playing in his room. Over time, he will start to calm himself.



**6 to 12  
months**



### Nice And Calm

Try to follow the same routines everyday. Keeping favorite objects in the same location where your child can reach them. Following a routine will help your baby be able to feel calm. It will help her know what to expect and where to find her favorite toys.

### Baby's Favorite

Offer your baby a favorite toy or blanket when she is upset while using soothing words. Using the same toy or blanket, will help baby to sooth herself.

**12 to 24  
months**



### Hush Little Baby

When your toddler gets frustrated or overstimulated, it is often a good idea to sing a quiet, calming song. Sing "Hush, Little Baby" in a hushed whisper voice to gain his attention. Your toddler may even join in and sing with you.

*Hush, little baby, don't say a word.  
Papa's gonna buy you a mockingbird  
And if that mockingbird won't sing,  
Papa's gonna buy you a diamond ring  
And if that diamond ring turns brass,  
Papa's gonna buy you a looking glass  
And if that looking glass gets broke,  
Papa's gonna buy you a billy goat  
And if that billy goat won't pull,  
Papa's gonna buy you a cart and bull  
And if that cart and bull turn over,  
Papa's gonna buy you a dog named Rover  
And if that dog named Rover won't bark  
Papa's gonna buy you a horse and cart  
And if that horse and cart fall down,  
You'll still be the sweetest little baby in town.*

### Get Up, Get Moving

Go for a walk, do some exercise, anything to get your heart rate up. Your toddler will love to exercise with you or run around outside.

**24 to 36  
months**



### Ways To Calm

When your child needs help to calm herself, go outside and listen to music. Help your child find another activity that she might enjoy such as playing with playdough to distract and improve her mood.



**Social Emotional  
Self Regulation-SE7  
Develop self-control**

**Birth to  
6 months**



**Comfort Me**

Provide your infant with objects that give him comfort. He may want a particular blanket, binky or soft toy to feel content. Have the blanket or soft toy available whenever your infant is upset. This item will help him later to calm himself.

**Hum A Little Tune**

When responding to your infant when he is upset, sing a song or hum a tune. Try to sing the same tune each time to help your infant so that your baby will associate the tune with comfort. Over time, your infant will learn to calm down when you start singing or humming the song.

**6 to 12  
months**



**Object Focus**

Place new objects around the room and encourage your baby to find them. Only use one object at a time to help keep her focused.

**Tuning In To Baby**

Slow down and tune in to your baby. Look for your baby's responses to different sounds, sights, and textures. Notice if anything helps to soothe your baby. You will then be able to go to that sound, picture or texture the next time she needs comforting.

**12 to 24  
months**



**See My Feelings**

When your toddler becomes upset, take him to look in a mirror. Talk to your toddler about how he is feeling as you point to his face in the mirror. Practice different emotions in the mirror with your toddler.



**Red Light, Green Light**

This will help your toddler gain control of his body. Sit several feet away and say "green light." Encourage your toddler to jump and move around. Say "red light" and have him stop. Repeat several times.

**24 to 36  
months**



**The Cozy Zone**

Provide a cozy area in a corner of your home that has books, soft toys, stuffed animals, etc. This area will be a place for your child to calm herself when she needs it. Take a walk to this place with your child when she needs to calm down. Sing softly to help her calm down.

**Five Minutes To Go**

Provide advance notice before your child must stop an activity. Start with a five minute warning and countdown to four, three, two and then one minute. This will help eliminate temper tantrums and give your child an appropriate amount of time to finish her play before she has to transition.

## Social Emotional

### Attachments/ Social Relationships-SE 9

#### Build a trusting relationship with a caring adult

**Birth to  
6 months**



#### **Baby Mine**

Give relatives and friends “holding” time with your infant while you are in the room. The “holding” time can be gradually increased until your infant becomes accustomed to the adult. As your infant feels secure, he actually builds trusting relationships.

#### **Baby Loves Routines**

Set a schedule for your infant and try to follow the same schedule everyday. Your infant will become comfortable with a routine that he can rely on. He will learn what to expect from you and develop a sense of what comes next. Remember that feeding and sleeping should be on demand at this age.

**6 to 12  
months**



#### **Pick Me Up**

Respond positively when your baby approaches with her arms extended upward to you. Make sure you look at your baby and say her name as you pick her up. Your baby wants to feel close to you.

#### **Play With Me**

Respond positively when your baby approaches with a toy. Sit on the floor with her while she is playing with her toys. Sit with your baby on your lap as you play or look at books together.



**12 to 24  
months**



#### **Story Time Bonding**

Reading a story is a great way to bond with your toddler. Offer your lap and read a fun, rhyming story. Read with enthusiasm. Children at this age like repetition. They often will bring you the same book over and over to read to them.

#### **Our Routine**

Routines help children know what to expect. Create a picture chart of each activity to share with your toddler. This will help him learn what comes next. Your child can help you find pictures from magazines to create a picture chart. Cut the pictures out and glue them on a piece of paper to make a chart of daily activities.

**24 to 36  
months**



#### **Making Bubbles**

Make your own bubbles. By mixing a half cup of Dawn or Joy dishwashing liquid, two cups of water, and two teaspoons of sugar. You can add a dab of food coloring to make colorful bubbles. Enjoy time with your child by blowing bubbles.



#### **Grocery List**

Make a grocery list for your child by drawing or cutting pictures of food items. Help her find the food for you while you are grocery shopping. Your child will enjoy helping you do the grocery shopping.

## Social Emotional

### Attachments/ Social Relationships-SE 11

#### Respond to emotions of others

**Birth to  
6 months**



#### **I Feel, They Feel**

When holding your infant, try to stay calm and be happy. If you are feeling frustrated or upset, your infant will feel those emotions. Infants will react to how you are feeling when you are holding them or interacting with them.

#### **Sibling Feelings**

When your infant's brother or sister is crying nearby, give that sibling hugs. Talk to him about what is making him cry. Involve your infant by hugging the sibling and the infant at the same time.

**6 to 12  
months**



#### **Let's Talk About It**

With your baby nearby, respond to the emotions of others. Talk about what your baby is observing. Use words to describe the emotions so that your baby learns the words.

#### **Emotion Commotion**

When you have friends and family over, be aware of your baby's emotions. Sometimes when your baby is passed from one person to another, she might get upset. Make sure she gets some alone time with you when family and friends are visiting.



**12 to 24  
months**



#### **Paper Bag Puppets**

Create paper bag puppets with your toddler. Help him pick out yarn for hair and fabric for clothes. Make a happy puppet and a sad puppet. When you are finished, have the puppets talk to your toddler about how he is feeling.

#### **Rock-A-Bye-Baby**

Pretend play with your toddler. Take turns holding a baby doll and rocking it. Pretend the baby doll is crying and encourage your toddler to hold the baby doll close and pat it's back. Model how you take care of a baby.

**24 to 36  
months**



#### **Helping Our Family**

Give your child small chores to do. For example, you might have her fill up the dog's bowl with food or entertain a younger sibling during bath time. Praise your child for making the dog or sibling happy.

#### **Share Bin**

Put a bin of toys between your child and another toddler. Say "Here's some toys for you to share." Stay nearby and support the toddlers as they share the toys. Help to solve problems when they occur.

## Language and Literacy

The development of language, communication skills, and literacy is related, but not measurable by a baby's age. This means that babies grow and develop at different rates, with some babies talking early and others talking later. While babies start communicating through body language, cries, coos, and by making all kinds of sounds, it takes time to learn the meaning of words, to produce words and then later to read and write. Strong literacy skills in reading and writing are built on the ability to listen or watch, understand, and make meaning from spoken words, signs, or other types of communication. From birth to age three is an exciting time to observe the development of language, both receptive (what a child understands) and expressive (spoken word) language.

Parents and early childhood professionals should work together to provide the foundations for early literacy success. Children's efforts at language and communication need to be supported by the adults in their environments. Early childhood professionals and parents can build these skills by:

- Providing opportunities to participate in play experiences that support language and literacy development;
- Facilitating a wide variety of developmentally appropriate materials and experiences throughout the child's daily routines;
- Providing exposure to print rich environments that nurture the child's language and literacy skills; and
- Validating and reinforcing language by talking, narrating, singing, repeating sounds back, providing signs and/or gestures, and listening to children.

Special consideration in the development of language skills should be given to dual language learners. These children face many challenges whether they are learning two languages at the same time or one after the other. Children who have a strong foundation in the language that they are learning in their home generally have an easier time acquiring a second language. Parents are strongly encouraged to use the language they are most comfortable with when talking, reading, singing, caring for, and playing with baby at home. When possible the caregiver should also be able to speak in the language that the baby is learning at the home. When this is not possible, treat the language spoken in the home with respect and care, important words like the word for mother, baby, and love.



**Birth to  
6 months**



**Calling Your Baby**

As you walk into the room where your infant is, call your infant by his name watching to see if he turns his head towards your voice.

**Face To Face Noise**

Sit comfortably with your infant on your lap facing you. Make soft blowing, humming, or clicking sounds.



**6 to 12  
months**



**What Did You Say**

As your baby coos and makes sounds, imitate the sound. Encourage your baby with smiles. Babbling starts with vowel sounds like “ooo” and “aah” and then consonant sounds like “gaga” and “dada.” You can place your child’s hand on your throat as you talk so that she can feel the vibrations.

**Noisy Toys**

Show your baby a shaker. Shake it and say “shake, shake, shake.” Try using another toy like a car and say “vroom”. Try different toys and sounds. Encourage your baby to repeat the sounds.

**12 to 24  
months**



**Kitchen Fun**

Give your toddler a variety of pots and pans along with a spoon. Allow your toddler to explore by using the spoon to bang the pots. Demonstrate how different pots and pans make different sounds when they are hit.

**Clothespin Drop**

Provide your toddler with small objects such as clothespins, spoons, pencils, or keys that he can drop into a large metal pot. Have your toddler stand above the pot and drop the items one by one into the pot. Talk with your toddler about the different sounds you may hear if the items lands on the floor instead of inside the pot.

**24 to 36  
months**



**Where Is Thumbkin**

Where Is Thumbkin?  
*(Hide hands behind back)*  
Here I am! Here I am!  
*(Show left thumb, then right thumb)* How are you today, sir?  
*(Wiggle left thumb)*  
Very well, I thank you.  
*(Wiggle right thumb)*  
Run away, run away.  
*(Hide left hand behind back, then right hand)*  
2. Where is Pointer?  
3. Tall man?  
4. Ring man?  
5. Little man (or Pinkie)?  
6. Where is family?  
*(Hide hands behind back)*  
Here we are! Here we are!  
*(Show left hand, fingers erect, then right hand)*  
How are you today, sirs?  
*(Wiggle fingers of left hand)*  
Very well, we thank you,  
*(Wiggle fingers of right hand)*  
Run away, run away.  
*(Hide left hand behind back, then right hand)*

**Birth to  
6 months**



**How Are You Today**

When your infant first wakes up, ask him how he is doing or if he slept well. See if he looks at you while you are talking to him. Infants may respond by cooing or smiling at you as you talk to them. Continue talking to him about the weather outside or what you are going to do next.

**Keep Talking**

When talking to your infant, notice how your infant moves his arms and legs to respond to your voice. Change the pitch of your voice to see how your infant responds.

**6 to 12  
months**



**My Name Is**

Say your baby's name often so that she learns her name. Use her name throughout the day. When you are entering the room where your baby is, call her by her name as you enter.

**Up, Down And All  
Around**

Emphasize words to signify directions such as "up" and "down." As you say "up," raise your arms up. As you say "down," lower your body down. When you walk up some stairs, say that you are going "up" and say you are going "down" when you come back down.



**12 to 24  
months**



**Twinkle, Twinkle, Little  
Star**

Sing "Twinkle, Twinkle, Little Star" with a normal voice. Then sing it again softer. Then sing it with a louder voice. Talk about the different loud and soft sounds as you keep singing the song in different voice levels.

*Twinkle, twinkle, little star,  
how I wonder what you are?  
Up above the world so high,  
like a diamond in the sky.  
Twinkle, twinkle, little star.*

**24 to 36  
months**



**Mail Time**

Let your toddler look through the mail with you. Pretend to be the mail carrier and deliver the mail to your toddler. Tell your toddler you have a very important letter from Grandma. Pretend to read it to your toddler. Allow your toddler to write a letter to a family member and place it in the mail.

**Head, Shoulders,  
Knees, And Toes**

Sing the song to your toddler:

*Head, shoulders, knees and  
toes, knees and toes;  
Head, shoulders, knees and  
toes, knees and toes;  
Eyes and ears and mouth  
and nose;  
Head, shoulders, knees and  
toes, knees and toes.*

Birth to  
6 months



**What's That Face**

Look at a book of facial expressions with your infant. You can use a book or make your own by taking pictures of your infant when he is happy and sad. Cover the pictures with clear contact paper to protect them.

**Let's Make Some Sounds**

Sit with your infant facing you and imitate sounds that your infant is already making. Try new sounds and change your facial expression as you say new sounds to your infant.

6 to 12  
months



**Try This**

Imitate gestures that your baby is doing such as shaking a toy. Try new gestures such as raising your hands and wait for your baby to imitate you.

**Look At What I See**

When your baby points to something, tell her what it is. Use simple words that she can understand and say. She may have to hear the same word over and over.

12 to 24  
months



**Simple Task Talk**

Getting dressed is a good opportunity to help your toddler develop language skills. Using simple two or three word sentences, talk about what you are doing and why. Praise him when he repeats certain words. Help him add more words to his sentences.

**Farm Animal Fun**

Find pictures of different farm animals. Introduce each animal to your toddler and tell him what sound each animal makes. To expand this activity, cut out animal pictures from magazines. Cover the pictures with clear contact paper. Let your toddler look at the pictures to expand his language.

24 to 36  
months



**Wheels On The Bus**

Sing the song "Wheels On The Bus" to your child. Have fun with the song by adding different parts of the bus.

*The wheels on the bus go round and round, round and round, round and round. The wheels on the bus go round and round, all through the town. The horn on the bus goes beep, beep, beep, beep, beep, beep, beep, beep. The horn on the bus goes beep, beep, beep, all through the town.*

**Tube Talking**

Provide your child with a cardboard toilet paper tube. Show her how to hold the tube up to her mouth and talk into it. The sound will be amplified. You can say words or phrases. Encourage your child to mimic what you do.

**Birth to  
6 months**



### Your Turn

During routines, talk to your infant. Pause to give your infant a chance to respond. Talk to your infant again when you observe him responding.

### Time To Talk

Find the time of day when your infant seems to babble the most. Use that time to talk to your infant and encourage him to babble or make some noises. Repeat the sounds your infant makes.

**6 to 12  
months**



### I Say, You Say, We Talk

Babies will babble to communicate with you. Answer your baby. Encourage with sounds or gestures. Continue the “conversation” using short descriptive words to help your baby learn new words.

### Peek-A-Boo

Play “Peek-a-Boo” with your baby. As you play, she will respond with a giggle, a sound or maybe a gesture. Each time she responds, she is participating in a conversation with you. Play this as long as she is interested.



**12 to 24  
months**



### Let’s Find Colors

Create color cards for you and your toddler. Choose a color and show the card to him. Say the color on the card and ask your toddler to find something around him the same color. Give him some guidance if he is having a hard time finding something. Continue the game as long as your toddler is interested.

### Let’s Read Together

Find a picture book without words, such as *Good Night Gorilla*. Have your toddler look at the pictures and tell you what he sees. Ask him questions about the pictures as he looks at the book.

### Picture Books:

*Pancakes for Breakfast*  
by Tomie dePaola  
*1,2,3 To the Zoo* by Eric Carle  
*Rosie’s Walk* by Pat Hutchins  
*Changes, Changes* by Pat Hutchins  
*The Red String* by Margot Blair

**24 to 36  
months**



### I Talk, You Talk

Have a back and forth conversation with your child during routine activities. You can ask open-ended questions to encourage the conversation. An open-ended question can be: What was your favorite part of the day today?

### My Turn

Put a giant drawing pad and crayons on the floor. Sit down with your child. Draw an outline of a shape. Then ask your child to take a turn making a shape. Repeat the process with your child discussing the colors and shapes.

**Birth to  
6 months**



**Read To Me**

Hold your infant in your lap or lay on the floor next to him. “Read” picture books that have a single picture on each page. Hold the book close so your infant can touch the pages. Describe each picture while pointing to it.

**Sing To Me**

Read a familiar book or sing to your infant throughout the day. Use your infant’s name when reading, singing or saying rhymes.



**6 to 12  
months**



**I Turn, You Turn**

Board books are ideal first books for babies. When you read a board book to your baby, show her how to turn the pages. Between about nine and twelve months your baby will probably have the ability to open a board book and even flip the thick pages one at a time.

**Rhyming**

Make up rhymes as you are changing your baby’s diaper. An example is “Baby, baby, what do you see? I see a knee looking at me.”

**12 to 24  
months**



**Read It Again**

Toddlers love repetition. Your toddler will ask you to read a story that he likes over and over again. You will be surprised when your toddler begins to finish the lines in a familiar book. Some examples of books that provide repetitions are: *The Very Hungry Caterpillar* and *Brown Bear, Brown Bear*.

**What Do You See**

While in the car, point out everyday objects and make up short rhymes. For example when you see a traffic signal: “Red on top...stop, stop,stop. Yellow in the middle, slow down a little. Green down below... go,go,go!”

**24 to 36  
months**



**Open, Shut Them**

Sing this fun rhyme while acting out the motions with your hands:

*Open, shut them  
Open, shut them  
Give a little clap, clap, clap.*

*Open, shut them  
Open, shut them  
Lay them on your lap, lap,  
lap.*

*Creep them, creep them  
Creep them, creep them  
Right up to your chin, chin,  
chin.*

*Open wide your little mouth  
But do not let them in.*

**Hey, That’s My Name**

Substitute your child’s name in familiar rhymes, songs or stories. Read a story to your child, substituting your child’s name. Your toddler will enjoy hearing her name throughout the story.

Actively participate and show appreciation for book reading, story sharing, and singing

Birth to  
6 months



### Let's Sing

Hold your baby on your lap and sing simple songs like "Row, Row, Row Your Boat." Move your infant's arms while you are singing the song. You can sing other songs, such as "Twinkle, Twinkle Little Star" with your infant. Gently move your infant's arms up and down as you sing.

*Row, row, row your boat,  
gently down the stream.  
Merrily, merrily, merrily,  
merrily, life is but a  
dream.*

6 to 12  
months



### Read To Me

Even when your baby is small, she will enjoy being read to. Simple picture books with nice pictures and no more than one sentence per page are good at the beginning. Even if the book has no words, she will enjoy hearing you describe the objects and actions. Use a light happy voice.

### Finger Play Fun

Fingerplays like "The Itsy Bitsy Spider" helps your baby get involved in language. Silly words and funny arm, hand and finger movements will keep her actively involved.

*The itsy-bitsy spider  
climbed up the waterspout,  
Down came the rain  
and washed the spider out,  
Out came the sun  
and dried up all the rain,  
And the itsy bitsy spider  
climbed up the spout again.*

12 to 24  
months



### A Book Nook

Create a book nook in your home with a few books and a soft cushion. Encourage your toddler to go there to read. Help your toddler make a book about your family. You can draw pictures or use real photos.

### This Is The Way We...

Incorporate singing into all your daily routines. "This is the way we wash our hands" can be used when you are helping your toddler wash his hands. You can sing "Clean Up, Clean Up" when it's time to clean up toys.

*Clean up, clean up, everybody  
everywhere.  
Clean up, clean up, everybody  
do your share.*

24 to 36  
months



### Our Photo Book

Bring your camera along the next time you and your child do an activity, such as taking a walk around the block or making dinner. Take a picture of each thing that you do. Once the pictures are printed, show them to your child. Talk about the activities in the order they happened. Ask questions like "Who's that?" Put the pictures in sequence and glue each picture to a piece of construction paper. Make them into a book by punching holes in the paper and binding them together with yarn. Read your homemade book together.

Use and experiment with different writing materials

Birth to  
6 months



**Can You Grab This?**

When your infant sits or lays on his back, hold a hand-sized toy close enough so he can reach and grasp it. Shake the toy to get the baby's attention if necessary. When he drops the toy, repeat the process.

**Watch And Grab**

Hang a mobile over your infant's crib or safety seat, activate the mobile and watch for his reaction. Keep the mobile moving as long as he is interested. Make sure the mobile is close enough so your infant can swing his arms and bat or grab the mobile. This is a supervised activity.

6 to 12  
months



**Using My Hands**

Your baby will hold and manipulate her rattles and other baby toys by shaking, tapping, and transferring them from hand-to-hand. This is how she explores objects. This is good practice for later when she holds a crayon or other writing materials.

**Open, Shut Them**

While sitting facing your baby, open and shut your hands. You can sing "Twinkle, Twinkle Little Star" while you are doing this. Encourage your baby to repeat your actions with her hands.

12 to 24  
months



**Little Artists**

Give your toddler a blank sheet of paper and a variety of different materials to draw or write with. Allow him to experiment with crayons and washable markers to create his own designs. He may want to use all the materials on one drawing.

**Before I Write, I Scribble**

Give your toddler a fat crayon and a large piece of paper. It will make it easier for him if you tape the paper to the table or floor. Let him explore using the crayon, encouraging him to keep the crayon out of his mouth.



24 to 36  
months



**Disappearing Ink**

On a hot and sunny day, give your child a cup of water and a small paintbrush. Allow her to "paint" the sidewalk, driveway, house, etc. Let her watch the paint disappear. Encourage your toddler to draw circles or to follow natural lines and shapes.

**Q-Tip Painting**

Provide your child with a Q-Tip and washable paint. Encourage your child to use the Q-Tip to paint on a piece of paper. Show her how to make shapes and lines.

Notice and show interest in signs and words in the classroom environment

Birth to  
6 months



### Make A Picture Book

Make a picture book by gluing photos of familiar adults and children on cardboard and cover it with clear contact paper. Look at the pictures with your infant, verbally identifying the people in the pictures.



6 to 12  
months



### Books With Words

While reading to your baby, start pointing to some of the words in the book. Baby's at this age are too young to recognize letters, but you can start to point to some of the words for her to start to learn that words have meaning.

### Dr. Seuss

Babies are constantly learning. Children this age are learning new words every day. Rhyme and repetition helps children learn words. Dr. Seuss was a master of language, repetition, and rhyme. He created many classics, including *Hop on Pop* and *Up, Up*. Discover the world of Dr. Seuss with your child.

12 to 24  
months



### In My World

Take pictures of signs, such as a street sign, yield sign or stop sign, while walking in your neighborhood. Then sit with your toddler and identify and explain the signs. Next go on a walk and see if your toddler can recognize the signs. You can make a game out of it - "Find the Sign."

### My Busy Day

Talk with your toddler about what you did during the day. Ask him to draw a picture of what he did that day. Have him tell you what the picture is about and write it down at the bottom of the page for him. Write your toddler's name on the picture too.

24 to 36  
months



### Let's Label

The best way for your child to become a reader is to expose her to books and words. A fun way to do this is to label items in your home. Take index cards and write the names of household objects on the index cards, then adhere them to the objects throughout your house. Take your child around the house reading each label to her.

### Automobile I Spy

While driving, turn the radio off and play "Car I Spy" with your child. As you drive, point out street signs, restaurant signs, or types of vehicles that pass by. Ask your toddler what she sees while you are driving.

## Discoveries

Infants enter the world aware and eager to learn. Everything they do feeds their inborn curiosity. Beginning at birth, they make discoveries about themselves, the people around them, and the objects in their environment. At the foundation of their discoveries are relationships. Knowing they are interacting with responsive, nurturing caregivers offers them the security to explore and expand their world. For the young infant, this exploration happens by watching and taking in information through their senses and experiences as they use their bodies to learn about the immediate world. As they gain information about their world and control over their bodies, they expand their actions and movements and see more challenging situations. They move out to explore from their secure place.

Simple behaviors become more complex problem solving experiences that build on one another. What started out as simply attending to their immediate world now has expanded to keeping items in memory, making connections, understanding concepts, and bringing symbolic play into learning. An environment that is accessible, organized and predictable, and developmentally appropriate offers them the freedom to choose their activities. Infants and toddlers learn best when they can control what is happening and explore what is interesting to them.

Adults are the facilitators of this learning process. Take a step back to observe actions and reactions and nurture, guide and be responsive to the learning process. Be aware that learning is holistic and know how to capture the spontaneous teachable moments. Daily activities and routines are important learning and teaching opportunities.



## Discoveries

### Sensory Awareness-DS1

Use vision to respond to light and focus on details such as faces, movement and color

**Birth to  
6 months**



#### Black And White Pictures

The best stimulation for your infant's vision is using black and white or high-contrast stripes and shapes. Use a black marker to draw shapes and stripes on a white piece of paper. Hang the paper near your baby so that he can see it. This is a supervised activity.

#### Baby Time

When visiting friends with infants, sit together with the infants in your laps while everyone sings songs together. You can also do simple finger plays with the infants as a group activity.

**6 to 12  
months**



#### How Things Work

Carry your baby around the house. Turn the light switch on and off while saying "on" and "off." Make sure you are pointing out the light as it goes off and on. You can also do this with the vacuum or radio.

#### Back And Forth

Sit facing your baby. Take turns talking to your baby and waiting for a response. You can extend this activity by using safe objects such as colorful baby toys that interest your baby. You can talk to your baby about each toy.

**12 to 24  
months**



#### Peek-A-Boo

Sit with your toddler on the floor and play "Peek-A-Boo" by covering his face with a small wash cloth. Say "Where's \_\_\_\_\_ (toddler's name)"? Wait and give your toddler a chance to pull off the cloth from his face. Assist if necessary. Act surprised when your toddler's face appears.



**24 to 36  
months**



#### I Spy With My Little Eye

Looking around the room, find an object to play "I Spy." Start your game describing the object by saying for example "I spy with my little eye something green." As your child guesses, provide some hints until the guess is correct.

#### Happy Or Sad

Take pictures of friends and family members, asking them to show different emotions for the pictures. Show the pictures to your child, asking her what kind of emotion she sees in the pictures. You can then take pictures of your child showing the different emotions.

## Discoveries

### Sensory Awareness-DS5

Use all senses to learn about cultures and ways of doing things

#### Birth to 6 months



#### Dress Up Day

Dress in bright colors or wear a flower, jewelry, or a shiny belt. Sit near your infant and talk about the different colors around them. Point to things around your house that are different colors.

#### Time For Music

Play different types of music from around the world for your infant to hear. A good time to play the music is when your baby is playing on the floor by himself.

#### 6 to 12 months



#### Squeeze Duck

Give your baby a duck noise toy. Hold it in front of your child and squeeze it. Talk about the sound it makes, the color of the duck, and how it feels.

#### Shake To The Music

Give your baby a rattle or make a shaker toy by filling a clean plastic soda bottle with small beads and supergluing the lid onto the bottle. Play up-beat music from different cultures and help your baby shake her toy to the music.



#### 12 to 24 months



#### Our Holidays

Read books about holidays from different cultures and talk to your toddler about your family traditions. Involve your toddler in decorating for a particular holiday by talking about why you decorate.

#### Music Time

Sing songs from different cultures such as "Frère Jacques."

*Frère Jacques, Frère Jacques,  
Dormez-vous? Dormez-vous?  
Sonnez les matines, sonnez les matines  
Ding dang dong, ding dang dong.*

#### 24 to 36 months



#### Exploring The World Through Food

Make dinner a cultural experience. Select a country and learn a few words about the food that you are going to make. As your family is eating the dinner, practice the simple words of the new foods. For example, make perogies and practice some Russian words.

#### Making It Rain

When your child is in the bath tub, give her a plastic colander or handheld shower sprayer to play with in the bath. As the water comes out, you can talk to your child about rain.

## Discoveries

### Spatial Awareness-DS6

#### Discover how their own bodies fit into spaces

**Birth to  
6 months**



#### Tummy Time

Provide your infant time to lay on his belly so that he can strengthen his neck muscles. Provide a toy or book at eye level to encourage him to lift his head. This is a supervised activity.



#### Touching Toes

While touching your baby, say, "Here are your toes. Where are your toes?" Then hold up baby's toes and say "Here they are."

**6 to 12  
months**



#### Tunnel Play

Set up a tunnel and let your child crawl through it. You may need to be at the other end of the tunnel encouraging your baby to crawl through. If you do not have a tunnel, you can use a blanket and drape it over two chairs to create a crawl space.

#### Along With Me

Set up a simple obstacle course that your baby can maneuver through. Set up a series of pillows, soft toys and stuffed animals on the floor. Then crawl alongside your child as you guide her around and over the objects.

**12 to 24  
months**



#### Climb In

Using a laundry basket or cardboard box, encourage your child to climb in and out of the box or basket. Your child can also place his favorite toys in the box or laundry basket and push it around.

#### Shape Sorter

Make a shape sorter from an empty tissue box. Cut out different shapes on the top of the box to fit objects you find around the house, such as wooden blocks, snack size boxes, or round plastic cups. Help your child match the objects to the shapes on the box. Provide time for your child to practice matching the shapes.

**24 to 36  
months**



#### The Fill And Dump Game

Provide a container with a large opening. Give your child some blocks, cars or small toys that will fit into the container. Allow her the opportunity to explore placing the items inside the container and dumping them out.

#### Tents And Forts

Place a sheet or comforter over the table or chair making a tent or fort for your child. Make a comfortable space by placing pillows and soft toys inside it.

## Discoveries

### Spatial Awareness-DS7

Explore how objects fit into a variety of spaces as they build, stack, fill and dump

**Birth to  
6 months**



#### Where Did It Go

Place a child safe bowl in front of your infant, as he watches you, drop a small baby toy into the bowl. After you drop the toy, ask your infant "Where did it go?" Lift up the bowl and show him the toy inside. Take the toy out and repeat the exercise.



**6 to 12  
months**



#### Drop Box

Place a few toys on the floor next to a box with a large opening. Take turns dropping the toys into the box. Name the objects as they are dropped in the box. Have fun dumping and filling the box.

#### Kitchen Stacking

Save empty cereal boxes, juice cans, pasta boxes, and margarine tubes. Sit on the floor with your baby and help build and stack the materials. You can turn boxes into sturdier blocks by covering them with contact paper.

**12 to 24  
months**



#### Item Match

Find pictures of simple household items such as a comb, toothbrush, spoon or small plastic plate and glue onto a file folder. Show your child how to match the items to their pictures. Then let your toddler do the activity by himself.

#### Let's Pour

Make a play box for your toddler by filling a plastic container with sand or water. Give your toddler spoons, small cups and funnels for him to practice filling and dumping.



**24 to 36  
months**



#### Sorting By Size

Supply your play area with a variety of containers of different sizes for your child to store her toys. Let her experiment with fitting her toys into the various containers.



#### Nesting Containers

Have your child fit the containers from the "Sorting By Size" activity inside each other and then dump them out. Then encourage your child to turn the containers over and stack them up like a tower.

## Birth to 6 months



### Follow My Face

Place your face close to your infant's, about eight to twelve inches away. Once your infant notices your face, give him a smile and say "Oh, you see me! What are you doing?" Now slowly move your face to the side. When they follow your face, exclaim in an excited but soft tone, "You found me! You followed my face!"

## 6 to 12 months



### Song Of Love

To the tune of "Are You Sleeping," sing this song to your baby:

***Here is mommy.***

***Here is mommy.***

***I love you.***

***I love you.***

***Every single day,  
in every single way.***

***I love you.***

***I love you.***

### Baby Pictures

Look at books or magazines with baby pictures. Point to and verbally identify the facial features such as eyes, nose, mouth, and hair of the babies.



## 12 to 24 months



### Magic Words

Please and thank you are the magic words. Use these words when you ask your child for an object and when he gives it to you. The more he hears the magic words the more likely he is to use them.

### Hello Friends

When familiar family and friends are arriving to visit, greet them with your toddler. Encourage your toddler to greet each person personally by saying hello followed by the person's name.

## 24 to 36 months



### Who Is That

Sing the song "B-I-N-G-O" replacing the word "bingo" with "mommy" as you sing the song. When you spell the word "mommy" have your child point to you. Next replace the word "bingo" with your child's name or another family member's name.

***There was a farmer who  
had a dog,  
And mommy was her  
name-O!  
M-O-M-M-Y!  
M-O-M-M-Y!  
M-O-M-M-Y!  
And mommy was her  
name-O!***

### Follow The Leader

Play follow the leader with your child. You lead first having your child follow you around the house or outside. Then give your child a turn and you follow her.

Realize that people and objects that have disappeared still remain in the infant's memory

Birth to  
6 months



### Peek-A-Boo

Face your infant. Cover your eyes. Ask "Where is mommy?" Quickly remove your hands from your eyes and say "peek-a-boo." You can also use a small blanket and cover your face with the blanket, calling your infant's name and saying "Where is mommy?" and then take the blanket away saying, "Here I am!"

### The Memory Game

Place a favorite toy on the floor in front of your infant. While he is looking at the toy, place it behind your back. Ask your infant "Where did it go?" Watch for clues to see if your infant looks towards where you placed the toy. Continue with the game using different objects.

6 to 12  
months



### Where Did It Go

As your baby drops toys from their high chair, ask your baby "Where did it go?"

### Photo Album Find

Talk with your baby about your family. Look at family photos, pointing to and naming the family members. Read stories like *Llama, Llama, Misses Mama*.



12 to 24  
months



### Can You Find It

When it's time to put toys away, make sure you put the toys away in the same location every time. You can organize the toys allowing your toddler to help so that he can see where everything goes.



### Where Is It

Ask your toddler where familiar things are. For example, ask your toddler "Where is your coat?" and see if he can find his coat.

24 to 36  
months



### Where Did They Go

When someone leaves your house, ask your child where they went. Give your child a chance to talk about the person, where they went and when they will be coming back. Ask open-ended questions to prompt the conversation, such as "Where is daddy?" or "Where is sister?"

### Hide And Seek

Play a simple game of hide and seek. Go around the corner so that you are out of your child's sight. Then call her by her name asking her to find you. After your child finds you, take turns hiding. Make sure as you are hiding, you are still aware of what your child is doing. Do not leave her alone to look for you for more than half a minute or so.

## Discoveries

### Cause and Effect-DS 11

Realize that a specific action is caused either through their own body or their own actions

**Birth to  
6 months**



#### Car Seat Music

Hang musical toys or toys that make sounds on your infant's car seat. Encourage your infant to reach for the toys.

#### What Do You Need

When your infant cries, respond quickly and try to figure out what he needs. While you are doing this, talk to your infant. Pick him up, rock him and assure him of your presence. Infants are learning to trust their environment and responding immediately to your infant's needs will reassure him.

**6 to 12  
months**



#### Shake, Rattle And Roll

Place an object such as a rattle on the floor in front of your baby. Encourage her to shake the rattle. You can also place a ball on the floor and encourage your baby to roll the ball.



#### In And Out

Using empty tissue boxes, place different objects inside the box and encourage your baby to reach in and pull the objects out. As she pulls the objects out, tell her the name of each object.

**12 to 24  
months**



#### Water Play

During bath time, offer your toddler toys that can be filled and emptied with water. You can also provide some cups so that your toddler can practice pouring in the bathtub.

#### Writing Fun

Provide many opportunities for your toddler to draw and scribble with crayons, pencils or chalk on large sheets of paper or the sidewalk. Demonstrate different lines and shapes.

**24 to 36  
months**



#### My Own Music

Show your child how a CD player works. Label the play button with a colorful sticker. Put a children's music disc in the CD player. Listen to the music with your child. Show her that by pushing the play button, the music will start.

#### Light On, Light Off

Using a flashlight, encourage your child to turn it on and then off again. Make a game of it by asking her to shine it on different objects when she turns it on.

## Discoveries

### Cause and Effect-DS 15

#### Use objects as a way to get what they want

**Birth to  
6 months**



#### Beach Ball Kick

Attach a beach ball to a string by taping the string to the ball. Tape the other end of the string to the ceiling so that the ball is hanging about eighteen inches from the floor. Place your infant under the ball so that his feet are directly under it. Encourage him to use his feet and kick the ball. This is a supervised activity.

**6 to 12  
months**



#### Time For Cup

Introduce a cup to your baby during mealtime. Make sure the cup is leakproof. During each mealtime, place the cup on her tray.

#### Look What I Can Do

Provide your baby with a few sound or movement-activated toys. As she moves or touches a certain area of the toy, praise her when the toy makes a sound or begins to move.

**12 to 24  
months**



#### Forks And Spoons

At mealtime, you can provide your toddler with a spoon and fork. Model how to use them to get food, encouraging your toddler to do the same. Provide a variety of foods that will engage your toddler.



#### Favorite Toy

Place your toddler's favorite toy on top of a small blanket and pull the blanket towards you. Show your toddler how to pull the blanket and then encourage him to try.

**24 to 36  
months**



#### Fishing With A Net

Place a few plastic fish into a bucket of water. Let your child experiment with the fishing net to catch some fish. If she cannot seem to figure out how to catch the fish, model the activity for her. If you do not have a fishing net, you can use a strainer to catch the fish.

#### Tong Time

Using tongs, encourage your child to pick up small objects such as cotton balls or pom pom balls. To extend the activity, you can provide a muffin tin and encourage your child to drop the cotton ball or pom pom into one of the muffin tins.

## Discoveries

### Attention and Persistence-DS 16

#### Notice and pay attention to objects and people of interest

#### Birth to 6 months



#### Eyesight Focus

Look at your infant. The newborn will not be able to focus on your face at first. Support your baby's head with your right hand and his back with your left. Let your baby look at you. Move your tongue in and out of your mouth, and within a few days, the baby will focus on this movement. Eventually he may even try to imitate you.

#### I Can Get It

Place a toy just out of your infant's reach while he is sitting in your lap. Allow him to reach for the toy. If the object is swatted away, then offer assistance in bringing the toy back to a distance that is just slightly out of his reach.

#### 6 to 12 months



#### Discovery Bottles

Gather several small plastic water bottles and fill them with equal parts of water and cooking oil. Add a few drops of food coloring and glitter or sequins. Using super glue, glue the lid in place. Now shake or roll the bottle to encourage your baby to move towards the bottle.

#### Pretty Sights

Take your baby outside for a walk or to run errands. Point to and name objects that you see on the way.

#### 12 to 24 months



#### Showing Compassion

Comfort your toddler when he is in distress by hugging or patting him on his back. Provide a doll or stuffed animal to show your toddler how to have compassion for others. Encourage your toddler to hug the stuffed animal or doll. Pretend the doll or stuffed animal is upset and have your toddler help you comfort the doll or stuffed animal.

#### Helping Around the House

Let your toddler help you when you are doing household chores. Help him drop clothes in a hamper, dust the furniture or wipe the table after mealtime.

#### 24 to 36 months



#### Organization

Create an organized environment for your child by placing similar toys in boxes with picture labels.



#### Identifying Pictures

Read books about favorite topics, such as animals or trains. Let your child identify the animals or types of trains in the book.

## Discoveries

### Attention and Persistence-DS 17

Choose to stay with an activity that interests them

**Birth to  
6 months**



#### Bubble Play

Place your infant in an infant seat, swing or propped up position. Begin by gently blowing bubbles, aiming the bubbles at their arms, hands and tummy. Make sure not to get the bubbles near the infant's face. Name each body part as the bubbles land on your infant.

#### Baby Keys

Call your infant's name and shake a set of plastic baby keys. Gently place the keys in his hand. Help him shake the keys. Then offer keys for him to reach and grasp at different angles (up, down, right, left). Next, increase the distance the keys are from the infant. Even put the keys out of the infant's field of vision and say, "Get the keys" so that he has to turn and reach. Any small toy that interests your baby can be used.

**6 to 12  
months**



#### My Toy

Place a toy on a nearby table. While holding your baby on your lap, talk about the toy. Continue talking about the toy for a few minutes and then turn your baby away from the toy. See if she makes an effect to turn back to the toy.

#### I Like This

Set up one or two areas in a room. Areas can include a block area, book area and stuffed animal area. Take your baby to each area to play and explore. Once your baby has explored each area, let her pick which area she would like to go back to and explore some more.

**12 to 24  
months**



#### Counting

When it's time to clean up, ask your toddler to help and count small toys or blocks as they are dropped in a container.

#### Block Play

Use wooden blocks or make your own blocks from recycled materials. Let your toddler explore with the blocks. You can add toy animals to the blocks to encourage creative play.



**24 to 36  
months**



#### My Very Own Space

Set up a play area for your child that is out of the line of traffic and has enough space to set up a child size table. With the toys organized around the table, she can choose a toy and play with it as long as she likes.

#### Quiet Place

Set up a quiet space for your child. Place favorite books, pictures, stuffed animals, and magazines in this space. Sit with her and read a favorite book.

## Discoveries

### Curiosity and Problem Soundings-DS 18

Explore objects to see how they work, using trial and error to meet challenges

**Birth to  
6 months**



#### Pot And Pan Band

Put on some music and hit a pot or pan in time with the music. Babies enjoy watching this and as they get older they can grab the shakers and sticks and make their own music.

#### Shake, Shake, Shake Your Rattle

Provide a rattle for your infant and encourage him to shake the rattle. In the beginning, he will not be aware that he is making the noise from the rattle. The more you provide your infant the opportunity to shake the rattle, he will learn that he is making the noise himself.

**6 to 12  
months**



#### Nesting Cups

Make your own nesting cups by using several small containers that fit inside one another. Give the containers to your baby and let her explore by placing each one inside the next.

#### Shape Sorter

Sit on the floor with your baby and show her different shapes and a shape sorter. Talk about each shape and help her place the shapes in the matching spot. Clap when she matches the correct shape. If you do not have a shape sorter, you can use a tissue box and blocks. Trace the blocks on the side of the tissue box and cut out the shape.

**12 to 24  
months**



#### Mechanical Toys

Provide some mechanical toys that light up, make a noise or have moving parts, and need to be activated by pushing, turning, pulling etc. Demonstrate to your toddler how to work the toys. Then let your toddler try.

#### Where Did The Car Go

Using a paper towel tube or wrapping paper tube, place one end on the floor and hold the other end up. Using a small car, drop it down the tube. Encourage your toddler to put the car through the tube.

**24 to 36  
months**



#### Sink And Float

Fill a dishpan or basin with three to four inches of water. Place it somewhere where it is alright to get wet. Give your child some toys to place in the water. Talk about what toys sink and float in the water. Let your child explore with the toys. Remember to never leave your child alone with water.

#### I Love Puzzles

Puzzles with three to five individual shapes or pieces are good for this age. You can make your own puzzles by using a greeting card and cutting it into four pieces. Your child will be able to explore the pieces by putting them together to make a picture.

Curiosity and Problem Soundings-DS 19

Make connections with people and use what they know about other situations to solve a problem

**Birth to 6 months**



**Reach Out And Touch**

Prop your infant on the floor so that he is sitting up. Place different items out of his reach in front of him. Move each item to the sides of your infant and then close to him, see if he attempts to reach for them. Repeat each item, taking notice what items your infant is reaching for.

**Where Did It Go?**

Provide a small toy (large enough so it cannot be swallowed) and small container with a lid. Place the toy inside of the container with your infant watching. Encourage your infant to reach inside of the container to get the toy. You can use an empty baby wipe box for this activity.

**6 to 12 months**



**Diaper Duty**

Change your baby's diaper in the same place each time. Keeping things the same will allow her to anticipate what will happen next. Always talk with your baby about what you are doing.

**My Parent Feeds Me**

Sometimes children will begin to associate a person with what they do for them. At this age, if mommy or daddy is the person that primarily feeds baby, they will see mommy or daddy and expect to eat. When they start to feel hungry, they may be comforted by mommy or daddy easier.

**12 to 24 months**



**Sing With Me**

Play interactive games or sing interactive songs with your toddler such as "Where is Thumbkin?," "This Little Piggy" or "The Itsy Bitsy Spider." Encourage your toddler to imitate the hand motions.

***This Little Piggy***

*This little piggy went to market.  
(Wiggle toddler's big toe)*

*This little piggy stayed home.  
(Wiggle toddler's second toe)*

*This little piggy had roast beef.  
(Wiggle toddler's third toe)*

*This little piggy had none.  
(Wiggle toddler's fourth toe)*

*This little piggy cried "wee, wee, wee" all the way home.  
(Wiggle toddler's little toe, then tickle all the toes as you 'walk' your fingers back to the big toe)*

**May I Help You**

Provide opportunities during the day when your toddler has to ask for help. This can be when he is getting his shoes on, opening a container, turning on a toy or working with a shape sorter.

**24 to 36 months**



**I Can Count**

During your child's playtime, count different things during the day. Count the blocks that are on the floor, how many carrots she has on her plate, or the number of puzzle pieces on the floor. Try to keep the counting to no higher than five at this time.



**Mealtime Helper**

Using a small bowl, place a small amount of whatever you are having for that meal in the bowl. Encourage your child to serve herself using a spoon.

Birth to  
6 months



**So Big**

Say to your baby “How big are you baby?” And then respond with “so big!” Show your baby how to raise his hands up high as you say “so big.” He may need some help with this at first but if you do this regularly he will understand how to play the game.

**Roley Poley Ball**

Place a small ball inside a round pie tin. Make sure the ball is big enough that it could not be used as a choking hazard. Move the ball around with your hand and encourage your infant to move it with his hand.

6 to 12  
months



**Pat-A-Cake**

Bring your infant’s hands together. Recite the following:

*Pat-a-cake, pat-a-cake,  
baker’s man.*

*Bake me a cake as fast as  
you can.*

*Pat it and prick it and mark it  
with B.*

*Put it in the oven for baby  
and me.*

**Go Baby**

Place your baby on her stomach on the floor. Place a toy out of her reach. It helps to use her favorite toy or stuffed animal. Encourage your baby to move towards the toy by crawling or scooting. When she is done being on her stomach, let her sit up and put the toy out of her reach and encourage her to reach for the toy.

12 to 24  
months



**Let’s Play Ball**

Sit on the floor across from your toddler and roll a ball back and forth. When he is finished with rolling the ball, then have him throw the ball to you.



**Play With Me**

Provide a push/pull toy for your toddler to practice pushing and pulling. You can use a shoebox for this activity by making a small hole on one of the sides of the box and attaching a short string. Your toddler can fill the box with a stuffed animal and pull it around.

24 to 36  
months



**Basketball**

Set up a child-sized basketball net in your backyard. If you do not have a net, you can use a laundry basket. Encourage your child to throw the ball through the net. On raining days, you can use the laundry basket and have your child throw socks in the basket inside your house.

**Finger Painting**

Spoon one color of finger paint onto a piece of paper. Encourage your child to use her hands to move the paint around. Talk about how the paint feels on her hands. Add another color and let her explore what happens when the colors mix together. Talk about the change that happens to the paint.

Use props and people as they engage in make believe play and act out simple themes

## Birth to 6 months



### Airplane Baby

Lay on your back with your legs pulled up in front of you. Place your infant on your two legs and gently bounce him up and down. Make airplane sounds while pretending to fly across the sky. Do not do this activity until your baby has head and neck control. Also, hold his hands for safety.

### Stuffed Animal Puppets

Using a stuffed animal as a prop for pretend play, pretend to make the animal talk to your infant. Talk with your infant about what you are doing.

## 6 to 12 months



### Dress Up Fun

Gather together several different hats for your baby to try on. Let her look in the mirror as she tries on the different hats. If your baby enjoys the hats, add more props. You can add things like shirts and pants.

### Sock Puppet Fun

Using clean socks, make a face on the sock with markers. You can glue yarn on the sock to make some hair. Talk to your baby with the sock puppet, changing your voice. Sing songs to your baby using the sock puppet.

## 12 to 24 months



### Going For A Ride

Play “school bus” or “car” with your toddler on the floor using cushions as seats. Pretend to climb in and sit down. Pretend to drive the bus or car. Make it a game by letting your toddler drive also.

### Picnic Time

With a set of play dishes and food, encourage your toddler to make lunch. You can ask them to make a sandwich. Pretend to have a picnic on the floor with your toddler. Ask your toddler to make different things with the food.

## 24 to 36 months



### Let's Pretend

Using a variety of dress up clothes, let your child dress up and engage in imaginary play. You can add more to the props by letting her use real pots and pans to pretend to cook.

### Let's Make Music

Using pots and pans, let your child make music by hitting the pots and pans with different objects, such as a wooden spoon, plastic spoon, or metal spoon. Talk about the different sounds each of the spoons make on the pots and pans.

## Physical Development and Health

Physical development and health are linked to life-long well-being and provide the foundation for exploration and learning that help to build school readiness. This domain connects to and supports all of the other domains as children explore and interact with their environment.

From the spontaneous, natural movements of infants to the coordinated purposeful movements of toddlers, children's physical development is dramatic in the first three years of life. As infants, children's physical bodies are their connection to the world. When they experience responsive care, their relationships with trusted caregivers give them the security to explore the environment. This exploration allows them to build brain connections and learn across domains.

It is important for infants and toddlers to be active, to explore their environments, and manipulate a wide range of safe materials. Children grow, develop, and learn in a predictable sequence, but at their own individual pace. When planning activities, it is important to respect the cues, interests, and needs of each individual child, adapting appropriately to support successful learning. Adults can provide daily opportunities for infants and toddlers to respect, learn about, and care for their own bodies as they experience and then begin to practice healthy habits, hygiene and safety skills. As children develop into preschoolers, physical development and health is a strong foundation for learning.



# Physical Development and Health

## Sensory-PD 1

### Experience different sensory activities

33

**Birth to  
6 months**

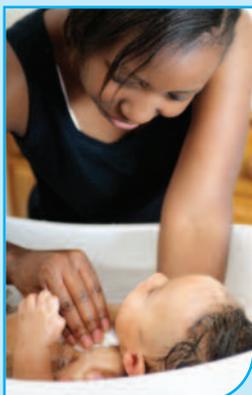


#### Did You Hear That

Play with noise producing toys near your infant and notice if he responds by turning toward the sound or making a movement. Use different objects to make different sounds. You can use a rattle, bell, or a bottle filled with beads.

#### Bath Time

While bathing, gently pour water over your infant's chest and back and wash with a soft cloth. Talk to your child about what you are doing as you wash him.



**6 to 12  
months**



#### Texture Book

Make a book using differently textured fabrics such as corduroy, velvet, fleece, denim, silk, satin, vinyl or felt. Alternate some of them on one page, so when your infant runs a finger along it, she will feel multiple textures. Using special craft glue or super glue, adhere feathers, a small chunk of shag carpeting and other pieces of distinctive material. Just make sure you don't use anything that can fall off and become a choking hazard.

#### Sounds Walk

Take a walk outside with your baby. Depending on where you walk, you may hear different sounds. Identify the sounds to your baby and show her where each sound is coming from.

**12 to 24  
months**



#### Tasting Time

During a daily snack, select a new snack item for your toddler to sample. When introducing something like blueberries, talk to your toddler about the color, the texture, and how it tastes. Try new foods one at a time. Remember, he may not like it the first time he tries it. You may have to expose your toddler to food over and over again.

#### Sounds All Around

Make a game of looking around the house for things that make sounds. Ring the doorbell. Squeeze a squeaky toy. Shake the baby's rattle. Use a spoon to clank on a metal bowl. Shake a box of pasta. Keep going. There are lots of things that make different sounds all round the house.

**24 to 36  
months**



#### Sensory Bags

Fill a zip-lock bag two-thirds full of hair gel then close the bag and place duct tape over the seal to prevent your toddler from opening it. Encourage your child to use her forefinger to draw shapes or lines onto the bag, to squeeze it, and to smooch it.

#### Bubble Art

This activity is best done outdoors. Divide bubble solution into four small bowls. Add three drops of a different color to each bowl. Place a piece of paper on the ground in front of your child. Encourage her to dip a bubble wand into a bowl of bubble solution and blow bubbles on the paper. When the bubbles hit the paper, the bubbles will pop.

#### Birth to 6 months



##### Foot Work

When your infant is laying on his back, use different items to touch his feet, such as a feather, a scarf, a cotton ball, and a stuffed animal. Talk about how they feel against his feet.

##### Around The House

While holding your infant, walk around the house and show him different things of interest. Hold items up for the infant to touch. If items make noise be sure to demonstrate this to him. Don't forget to look out the window too!

#### 6 to 12 months



##### Find The Music

Place a musical toy under a blanket. Encourage your baby to look for where the sound is coming from. Tell her to use her ears and try to find where the music is coming from.

##### Water Play

Place your baby in a high chair. Place a small bowl with a little bit of water on her tray. Show her how to clap at the water with her hand. Let her try it. Remember to never leave your baby alone when she is around water.



#### 12 to 24 months



##### Discovery Bin

Fill an empty shoe box with sand or shredded paper. Hide toys in the box and encourage your toddler to find them. Make sure toys are large enough so they are not a choking hazard.

##### The Texture Game

Place a variety of objects of different textures on a tray. Have your toddler choose one object to pick up and feel. Ask him how it feels. Give him descriptive words to use as he touches the different items.

#### 24 to 36 months



##### Sugar Trays

Give your child a cookie sheet with sugar sprinkled generously on it. Encourage her to use her finger to draw lines, shapes and letters in the sugar. To erase her creations gently shake the cookie sheet to redistribute the sugar.

##### Pillow Fun

Toss several pillows on the floor to create an obstacle course for your child. Encourage your child to climb through holes, climb over, and hop onto the pillows. Allow your child to pick up and move the pillows. She may pile the pillows on top of each other and jump onto them.

# Physical Development and Health

## Fine Motor-PD 4

35

Develop strength, small motor control, and coordination through daily activities

**Birth to  
6 months**



### Transferring Toys

Offer your baby a ball of masking tape. Place it in his hands to see if he will attempt to pull it off with the other hand. Offer your baby a toy and see if he will change the object from the right hand to the left hand and back again.

### Picnic Time

When your child is able to hold his head up and prop up on his hands, spread a blanket on the ground outside, place your infant on his tummy at the edge of the blanket. Take your infant's hand and move it back and forth across the grass. Continue as long as infant is interested.



**6 to 12  
months**



### Picking Up Cheerios

Provide cheerios for your baby while she is sitting in her high chair. Encourage her to pick up the cheerios.

### Socks In A Box

Using socks and empty boxes, allow your baby to put the socks in and out of the boxes. She can do this activity while you are doing the laundry.

**12 to 24  
months**



### I Can Feed Myself

Give your toddler the opportunity to feed himself. Cut his food into little bite-sized pieces so he can practice picking up the food. Your toddler will be messy when he first starts to learn to feed himself. Be sure pieces are cut small enough to prevent choking.

### I Can Dress Myself

Usually around fifteen to eighteen months old, your toddler may become interested in dressing himself. Select clothes that are loose and easy to put on. Avoid onesies and zippers on pants and belts. Then give him plenty of time to do it himself.

**24 to 36  
months**



### Grocery Time

Allow your child to help make the grocery list by going through flyers from the supermarket. Your child can either circle the items or try writing them down on a piece of paper.

### Lets' Make Dinner

Have your child help you in the kitchen during mealtimes. She can help measure ingredients, pour or stir the food.

# Physical Development and Health

## Fine Motor-PD 6

36

Develop and use eye-hand coordination to perform a variety of tasks

**Birth to  
6 months**



### Exploration

Allow your infant to explore on his own. Place a variety of objects with different textures and colors in front of him. Let him reach out for them, turn them over in his hands and inspect them closely. Let him explore whatever object he finds interesting. For a fun twist choose objects that make movement or a sound when picked up. Be sure objects are not a choking hazard.

### Touching Your Face

Nuzzle your baby's tummy with your face to encourage him to touch your head with both hands. You could also put on plastic sunglasses to encourage him to reach and pull them off.

**6 to 12  
months**



### Drop In The Bucket

Collect a few small items and an empty bucket. Have your baby drop each item into the bucket and listen to the sound it makes. Make sure some items will make a loud noise or vibration, while others won't make any sound at all.

### The One Handed Reach

Place a baby teething ring over your infant's toes. This will encourage her to try to reach the toy with one hand. Also encourage waving "hi" and "bye" to promote hand and wrist movement.

**12 to 24  
months**



### The Write Stuff

Give your toddler a large sheet of paper and a fat crayon. It works well if you tape the paper down to the floor or table. Talk to him about the color and encourage him to scribble on the paper.

### The Itsy Bitsy Spider

Sing and perform hand motions to "The Itsy Bitsy Spider." Make sure your hand motions and your tone of voice match the lyrics.

*The itsy bitsy spider  
climbed up the waterspout  
Down came the rain  
and washed the spider out.  
Out came the sun  
and dried up all the rain  
So the itsy-bitsy spider  
climbed up the spout again.*

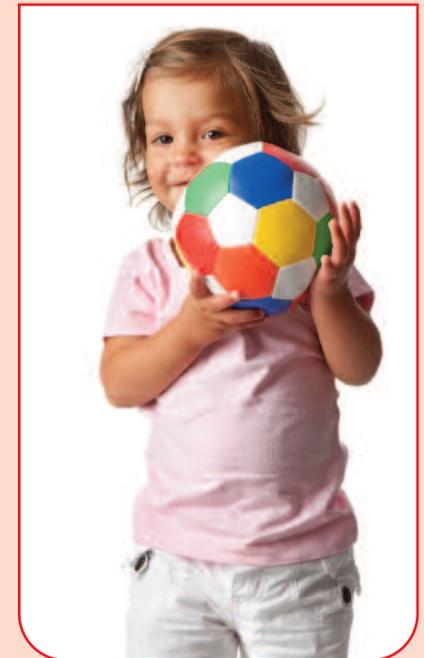
*The great humongous spider  
climbed up the waterspout  
Down came the rain  
and washed the spider out.  
Out came the sun  
and dried up all the rain  
So the great humongous spider  
climbed up the spout again.*

**24 to 36  
months**



### Let's Play Catch

Toss a soft ball to your child and encourage her to catch it. Encourage her to keep her eyes on the ball and to hold her hands out to catch. Keep practicing until she loses interest.



Increase the strength, balance, and coordination of their bodies

**Birth to  
6 months**



**6 to 12  
months**



**12 to 24  
months**



**24 to 36  
months**



### Pop Goes The Weasel

Hold baby on your lap and sing:

*All around the mulberry  
bush,  
the monkey chased the  
weasel,  
the monkey thought it was  
all in fun,  
pop goes the weasel.*

As you chant the last line, while still securely holding your baby gently bounce him up in the air. Bouncing can help him develop a better sense of balance.

### Let's Crawl

Sit your infant on the floor. Lay on the floor a few feet away from your infant. Place the infant's favorite toy on the floor next to you. Call to your infant and encourage her to crawl toward her toy.

### Climber

Place a thick book or pillow on the floor in a carpeted area. Encourage a non-walking baby to crawl on top of and over the thick book or pillows.

### Marching To Music

Marching is so much fun for your toddler. Play lively music and encourage him to lift his knees high while marching around the room. Of course he will enjoy dancing to the music as well.

### Push Toys

Once your toddler is taking steady steps, he can hold onto a cart or wagon and push it forward. He is able to use the toy for balance while he pushes it forward. As he becomes a better walker, he will become interested in putting things in the wagon or cart to push it around.

### Snowball Fight

Make balls out of old newspapers or paper. Using your couch cushions as shields, you and your child can have a snowball fight anytime of the year.

### Hopping Around

Make a fun way for your child to move from one room to another. Have her hop, crawl, or march.

**Birth to  
6 months**



#### Baby Exercise

Lay your infant on his back on a play mat or soft towel and put on some fun music. Then open your infant's arms as wide as they go, saying "open!" and then cross them across his chest, saying "close!" You can also raise your infant's hands above his head ("up!") and pull them down near his hips ("down!"), or curl your infant's legs up to his chest and then stretch them straight again. Do each of these exercises repeatedly to help your infant get use to moving his body in different ways.

#### Standing

Even before your baby can stand on his own, you can help him get used to an upright position. Set your infant's feet on your knees and hold him under his armpits, slowly relax your grip so he can practice holding himself up with his legs.

**6 to 12  
months**



#### Rock And Go

Get down on the floor with your child. Start by encouraging her to rock back and forth. Do this a few times and then say "go," crawling with your child around the room. All of a sudden, stop and say "rock," then rock your own body so that your baby understands what you are doing.

#### Sitting And Standing

Once your child learns to sit and stand, place a favorite toy on the couch and encourage her to pull up and stand there to play. Place another toy at the other end of the couch and encourage her to sidestep along the couch to get to the other toy. When she gets tired, help her to sit back down on the floor to rest.

**12 to 24  
months**



#### Mountain Climber

Believe it or not, letting your toddler climb on the furniture is a good way to develop his motor skills and coordination. Climbing on the couch, an ottoman, a mattress or pillow gives him different heights and angles to practice on. Make sure you are near your child as he is climbing to make sure he is safe.

#### Stop And Go

Play a game of "Stop and Go." Explain and demonstrate the concepts of stop and go. Move with your toddler when you say "go." Abruptly stop when you say "stop." After playing the game this way for a while, have your toddler continue with verbal cues while you stand back and watch.

**24 to 36  
months**



#### Tie Dancing

Give your child a scarf, streamer or an old neck tie. Play some music and encourage your little dancer to dance, swinging the scarf, streamer or tie through the air. Call out to her to move it around.

#### Walk The Tightrope

To encourage balance, place electrical or masking tape in a straight line across the floor. Encourage your toddler to walk the line, using her hands stretched on either side of her body to help keep her balance.

## Physical Development and Health

### Health Awareness and Practice-PD 14

Engage in daily physical activity, both indoors and outdoors

#### Birth to 6 months



#### The Great Outdoors

Lay your baby down on his stomach on the lawn or another safe outdoor space so he can closely observe the natural things around him. This will also provide him with the opportunity to push up from his tummy. Watch your child carefully so to make sure that nothing goes into his mouth.

#### Saucer Rock

Cover the inside of a snow saucer with a soft towel or blanket. Place your baby in the saucer. If he can sit up fine, if not lay him down in the saucer. Gently rock the saucer back and forth.

#### 6 to 12 months



#### Sand Play

A sand box is a wonderful place for a baby old enough to sit up on her own. You should closely supervise your baby to make sure that she does not eat the sand.

#### Water Time

On a warm summer day, if your baby is able to sit up stably, she will enjoy the experience of a shallow wading pool, where she can splash in just a few inches of water. Never leave your baby alone in or near water. Also, be sure she wears a hat and sunscreen.

#### 12 to 24 months



#### Let's Play Outside

Get your toddler outside to play everyday. The physical activity and fresh air are good for him. Bundle him up in the cold weather and use sun screen and hat on a sunny day. Go for a walk. Throw a ball. Encourage him to run and roll in the grass. Moving is the main objective.

#### One, Two, Three Bowling

Set up three or four plastic water bottles that are light and stand up and fall down easily. Find a ball that your toddler can roll on the floor toward the pins. He will probably need to stand pretty close to the pins to be able to hit them. As he gets older, he can probably move back further for more of a challenge.

#### 24 to 36 months



#### Over, Under And All Around

To teach your child the concepts of over, under, around, between, left and right, provide an obstacle course using hula hoops, chairs, etc. While engaging in the obstacle course, discuss the concepts of going over the chair, under the sheet, next to the chair, etc. Race your child through the obstacle course and see who wins.

#### Animal Antics

Look at pictures of different animals and then move like the animals. Change the words to the familiar "If You're Happy And You Know It" song like the following examples: If you want to be a monkey, jump up and down; bird-flap your wings; elephant-swing your trunk.

## Physical Development and Health

### Health Awareness and Practice-PD 16

Experience and learn about healthy lifestyles practices

**Birth to  
6 months**



#### Let's Go Outside

Take your infant outside for a walk everyday, if weather permits. You can either carry your infant in a sling or use a safety stroller. Stay outside as long as your infant is enjoying himself. Fresh air is good for your baby.



**6 to 12  
months**



#### Baby Yoga

While your baby is laying down on a comfortable, flat surface, take one leg and stretch it out and up, bend the knee, and extend the leg. Do the other side. Then stretch the arms the same way, but cross over the center of their body.

#### Play Ball

Make a ball out of a pair of socks. Sit close and toss it to your baby. Your baby will not catch the ball, but she will enjoy trying to chase after it. You can do this indoors or outdoors.

**12 to 24  
months**



#### Healthy Eating

Encourage healthy eating. You are the one who is teaching your toddler to make healthy choices when picking foods to eat. Limit sweets, fried foods and processed foods. Select fresh fruits and vegetables whenever possible. Your toddler will develop a taste for healthier foods if that is what he is given on a regular basis.

#### Treasure Hunt

For more outdoor fun, hide some small toy (no choking hazards) under the sand in your sandbox for your child to find. If a sandbox is not available, or for a more active treasure hunt, hide toys around the yard to be found and have your toddler travel with a basket or plastic bucket to gather the treasures.

**24 to 36  
months**



#### Sometime, Anytime Foods

During lunch and dinner, have conversations with your child about foods that she is welcome to have anytime. Discuss foods that should be eaten only sometimes like dessert, cakes, ice cream etc.

#### Puppet Show

Provide puppets for exploration and conversation. Lead the conversation using your child's puppet about healthy lifestyle choices, such as drinking water instead of juice, choosing to eat fruits and vegetables, and exercising. During the puppet play, be sure to use silly voices and have fun with it.

# More Finger Plays and Songs

## This Old Man

This old man  
He played one.  
He played knick knock on my thumb.  
With a knick knock paddy wack give a dog a bone, this old man came rolling home.  
Two - shoe  
Three - knee  
Four - door  
Five - hive

## Two Little Black Birds

Two little blackbirds sitting on a hill,  
(Put two forefingers and thumb on each shoulder to represent birds.)  
One named Jack.  
(Hold out one set of fingers.)  
One named Jill.  
(Hold out the other set of fingers.)  
Fly away, Jack.  
(Place one hand behind back.)  
Fly away, Jill.  
(Place other hand behind back.)  
Come back, Jack.  
(Return one hand to its shoulder.)  
Come back, Jill.  
(Return the other hand to its shoulder.)

## Monkeys On the Bed

Five little monkeys jumping on the bed  
One fell off and bumped his head  
Mama called the doctor and the doctor Said,  
"No more monkeys jumping on the bed!"  
Four little monkeys jumping on the bed,  
three little monkeys jumping on the bed,  
(and so on).

## Hickory Dickory Dock

Hickory Dickory Dock,  
The mouse ran up the clock.  
The clock struck one,  
The mouse ran down!  
Hickory Dickory Dock.

## Monkeys Sitting In A Tree

Five little monkeys  
Sitting in a tree  
Teasing Mr. Crocodile--  
"You can't catch me."  
"You can't catch me."  
Along comes Mr. Crocodile  
As quiet as can be--  
SNAP!!!

### **Continue until all monkeys are gone**

Away swims Mr. Crocodile  
As full as he can be!!!

## One Potato

One potato, two potato  
Three potato, four,  
Five potato, six potato  
Seven potato, MORE!

## One, Two, Buckle My Shoe

One, two, buckle my shoe;  
Three, four, shut the door;  
Five, six, pick-up sticks;  
Seven, eight, lay them straight;  
Nine, ten, a big fat hen!

## Mary Had A Little Lamb

Mary had a little lamb,  
little lamb, little lamb,  
Mary had a little lamb, its fleece was white  
as snow.  
And everywhere that Mary went,  
Mary went, Mary went,  
and everywhere that Mary went, the lamb  
was sure to go.  
It followed her to school one day  
school one day, school one day,  
It followed her to school one day, which  
was against the rules.  
It made the children laugh and play,  
laugh and play, laugh and play,  
it made the children laugh and play to see  
a lamb at school.

## Jack And Jill

Jack and Jill went up the hill,  
To fetch a pail of water;  
Jack fell down and broke his crown,  
And Jill came tumbling after.

## Baa, Baa, Black Sheep

Baa, baa, black sheep,  
Have you any wool?  
Yes, sir, yes, sir,  
Three bags full;  
One for my master,  
And one for my dame,  
and one for the little boy  
Who lives down the lane.

## Do You Know The Muffin Man?

Oh do you know the Muffin Man?  
The Muffin Man,  
The Muffin Man?  
Do you know the Muffin Man  
That lives in Drury Lane?  
Oh yes I know the Muffin Man,  
The Muffin Man,  
The Muffin Man.  
Yes I know the Muffin Man  
That lives in Drury Lane.

Oh now we know the Muffin Man,  
The Muffin Man,  
The Muffin Man  
Now we know the Muffin Man  
That lives in Drury Lane.

## Humpty Dumpty

Humpty Dumpty  
Sat on a wall,  
Humpty Dumpty  
Had a great fall;  
All the king's horses  
And all the kings men,  
Couldn't put Humpty  
Together again.

## If You're Happy And You Know It

If you're happy and you know it clap your hands, (clap, clap)  
If you're happy and you know it clap your hands. (clap, clap)  
If you're happy and you know it  
And you really want to show it,  
If you're happy and you know it clap your hands. (clap, clap)

## I'm a Little Teapot

41

I'm a little Teapot  
Short and stout,  
Here is my handle,  
Here is my spout.  
When I get all steamed up  
Then I shout,  
Just tip me over  
And pour me out!

## Mr. Sun

Oh, Mr. Sun, Sun, Mr. Golden Sun,  
Please shine down on me.  
Oh, Mr. Sun, Sun, Mr. Golden Sun,  
Hiding behind a tree.  
These little children are asking you,  
Please come out so we can play with you.  
Mr. Sun, Sun, Mr. Golden Sun,  
Please shine down on me.

## Ten In A Bed

There were ten in a bed and the little one  
said, "Roll over, roll over." **rolling motion**  
So they all rolled over and one fell out.  
There were nine in the bed and the little one  
said, "Roll over, roll over."  
So they all rolled over and one fell out....  
**This is repeated until you get to the  
number one. Each time "roll over" is said,  
rolling motion is dramatized.**  
There was one in the bed and the little one  
said, "Good night!"

## The Ants Go Marching

The ants go marching one by one,  
Hurrah, hurrah.  
The ants go marching one by one,  
Hurrah, hurrah.  
The ants go marching one by one,  
The little one stops to suck his thumb.  
And they all go marching down,  
To the ground, to get out of the rain.  
**BOOM, BOOM, BOOM!**

# Once Upon A Time... Suggested Reading List

**ABC Yummy**  
By Lisa Jahn-Clough

**All About Baby**  
By Stephen Shott

**Appley Dapply's Nursery Rhymes**  
By Beatrix Potter

**\*Baby Animals Black and White: Black and White**  
By Phyllis Limbacher Tildes

**Baby Faces**  
By Margaret Miller

**Baby's First Words**  
By Lars Wik

**Bang! Bang! Toot Toot**  
By Rich Cowley

**Bath Books: Bathtime**  
By Dorling Kindersley Publishing

**\*Bedtime!**  
By Annie Kubler

**\*Black on White**  
By Tana Hoban

**Big Red Barn Board Book**  
By Margaret Wise Brown

**Grow! Babies!**  
By Penny Gentieu

**Have You Seen My Duckling?**  
By Nancy Tafuri

**Hide-And-Seek Picnic**  
By Tammie Lyon

**I Feel Happy: A Bedtime Book of Feelings**  
By Lisa Weedn Gilbert

**I Like Me**  
By Nancy L. Carlson

**I Love You Very: A Child's Book of Love**  
By Flavia Weedn

**I See**  
By Rachel Isadora

**I Spy Little Book**  
By Jean Marzollo

**It's Great To Be Two**  
By Fiona Pragoff

**Jamberry**  
By Bruce Degan

**Let's Look at Colors**  
By Nicola Tuxworth

**Spot's Big Book of Colors, Shapes and Numbers**  
By Eric Hill

**Teddy Bear, Teddy Bear**  
By Steve Scott

**The Itsy Bitsy Spider**  
By Rosemary Wells

**The Runaway Bunny**  
By Margaret Wise Brown

**\*The Snowy Day**  
By Ezra Jack Keats

**Time for Bed**  
By Mem Fox

**Tomie's Little Mother Goose**  
By Tomie dePaola

**Touch and Feel: Baby Animals**  
By the Dorling Kindersley Corp.

**Train Song: A Little Lionel Book About Sounds**  
By Catherine Lukas

**Uh Oh! Gotta Go!/: Potty Takes from Toddlers**  
By Bob McGrath

**Very Hungry Caterpillar**  
By Eric Carle

**Boom, Baby, Boom, Boom!**

By Margaret Mahy

**Let's Look at Sizes**

By Nicola Tuxworth

**We're Going on a Bear Hunt**

By Helen Oxenbury

**Brown Bear, Brown Bear, What Do You See!**

By Bill Martin

**Lunch**

By Denise Fleming

**Whale Baby**

By Joy Labrack

**Bug in a Rug: A Lift-The-Flap Colors Book**

By Sue Heap

**Peek-A-Boo**

By Jan Ormerod

**\*What is That?**

By Tana Hoban

**\*Copycat!: Faces**

By Deborah Chancellor

**Peek-a-Boo Moon**

By Thierry Courtin

**What Is Round?**

By Rebecca Kai Dotlich

**Farm Animals**

By Phoebe Dunn

**Peter's Chair**

By Ezra Jack Keats

**What Happens Next?**

By Cheryl Christian

**Five Little Monkeys Jumping on the Bed**

By Eileen Christelow

**Pots and Pans**

By Patricia Hubbell

**When You're Mad: And You Know It**

By Elizabeth Crary

**Freight Train**

By Donald Crews

**One Moose, Twenty Mice**

By Clare Beaton

**Where's Spot?**

By Eric Hill

**Froggy Gets Dressed**

By Jonathon London

**Opposites**

By Sandra Boynton

**Who Says Quack?**

By Jerry Smith, Grosset &amp; Dunlap

**Froggy Goes to School**

By Jonathon London

**Read to Your Bunny**

By Rosemary Wells

**\*Wow! Babies!**

By Penny Gentieu

**\*Funny Faces: A Very First Picture Book**

By Nicola Tuxworth

**Show Me!**

By Tom Tracy

**Wrapping Paper Romp**

By Patricia Hubbell

**Goodnight, Gorilla**

By Peggy Rathmann

**Smile (Baby Face Board Book, No 2)**

By Roberta Grobel Intrater

**You Go Away**

By Dorothy Corey

**Goodnight Moon**

By Margaret Wise Brown

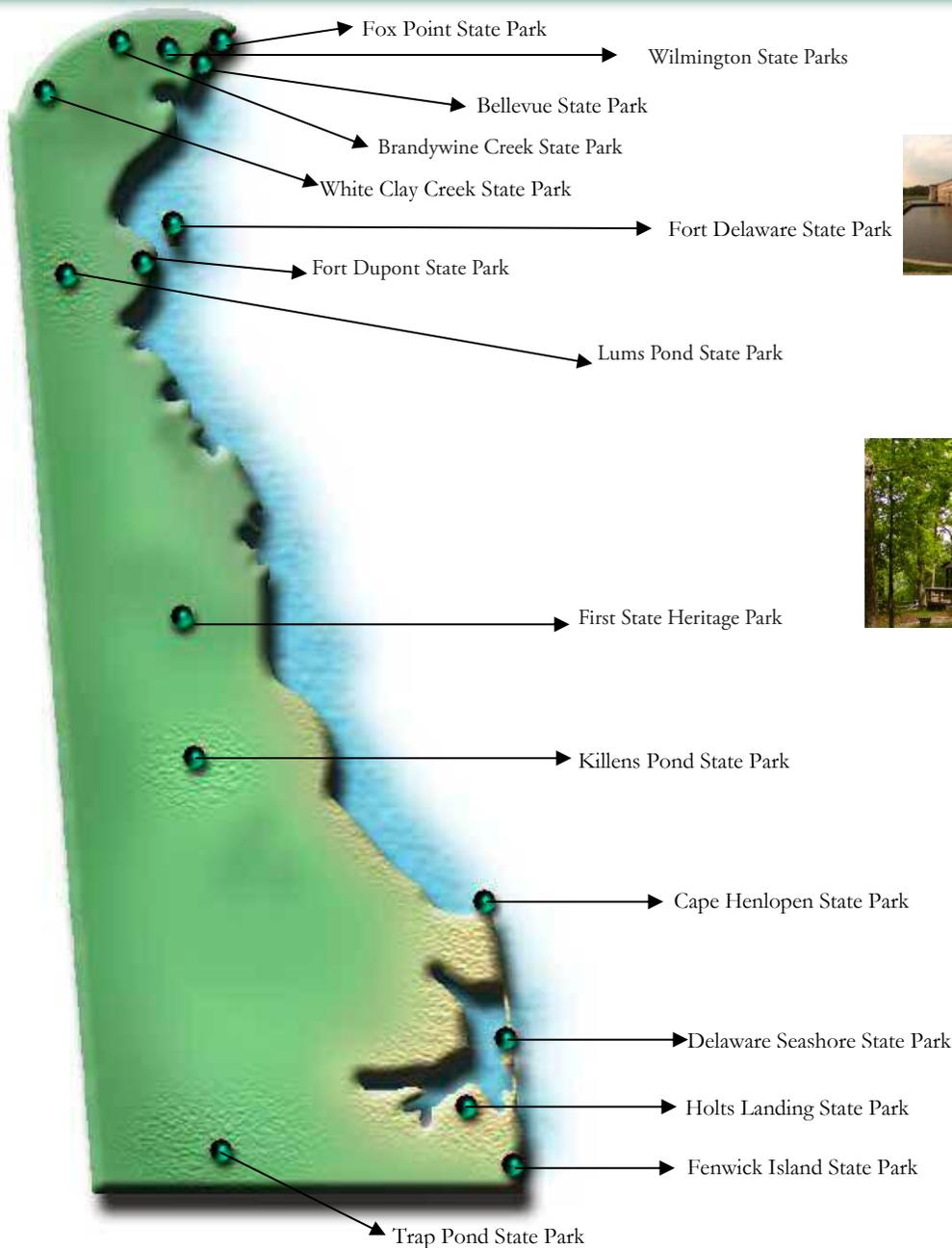
**\*Snow Day**

By Daniel Peddle

**Zoom City**

By Thacher Hurd

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- Delaware Nature Centers**
- Abbott's Mill Nature Center (302-422-0847/Milford, Delaware)
  - Ashland Nature Center (302-239-2334/Hockessin, Delaware)
  - Baldcypress Nature Center - Trap Pond State Park (302-875-5163/Laurel, Delaware)
  - Brandywine Creek Nature Center (302-655-5740/Wilmington, Delaware)
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<b>Appoquinimink Public Library</b> 651 N. Broad Street Middletown, DE 19709 302-378-5588	<b>Kirkwood Hwy Public Library</b> 6000 Kirkwood Hwy Wilmington, DE 19808 302-995-7663	<b>Harrington Public Library</b> 110 East Center Street Harrington, DE 19952 302-398-4647	<b>Greenwood Public Library</b> 12600 Sussex Hwy. Greenwood, DE 19950 302-349-5309		
<b>Bear Public Library</b> 101 Governor's Place Bear, DE 19701 302-838-3300	<b>La Biblioteca Del Pueblo Library</b> 403 N. Van Buren St. Wilmington, DE 19805 302-571-7422	<b>Kent County Library</b> 497 South Red Haven Lane Dover, DE 19901 302-698-6440	<b>Laurel Public Library</b> 101 East 4 <sup>th</sup> Street Laurel, DE 19956 302-875-3184		
<b>Brandywine Hundred Branch</b> 1300 Foulk Road Wilmington, 19803 302-477-3150	<b>New Castle Public Library</b> 424 Delaware Street New Castle, DE 19720 302-328-1995	<b>Milford Public Library</b> 11 SE Front Street Milford, DE 19966 302-422-8996	<b>Lewes Public Library</b> 111 Adams Avenue Lewes, DE 19958 302-645-2733		
<b>Claymont Public Library</b> 3303 Green Street Claymont, DE 19703 302-798-4164	<b>Newark Free Library</b> 750 Library Avenue Newark, DE 19711 302-731-7550	<b>Smyrna Public Library</b> 107 South Main St. Smyrna, DE 19977 302-653-4579	<b>Millsboro Public Library</b> 217 W. State Street Millsboro, DE 19966 302-934-8743		
<b>Corbit Calloway Memorial Library</b> 115 High Street Odessa, DE 19930 302-378-8838	<b>North Wilmington Library</b> 3400 N. Market St. Wilmington, DE 19802 302-761-4290	 <b>Sussex County Libraries</b>	<b>Milton Public Library</b> 121 Union Street Milton, DE 19968 302-684-8856		
<b>Delaware City Public Library</b> 250 Fifth Street Delaware City, 19706 302-834-4148	<b>Wilmington Public Library</b> 704 King Street Wilmington, DE 19801 302-571-7400	<b>Bridgeville Public Library</b> 600 South Cannon Street Bridgeville, DE 19933 302-337-7401	<b>Rehoboth Beach Public Library</b> 226 Rehoboth Avenue Rehoboth Beach, 19971 302-227-8044		
<b>Elsmere Public Library</b> 30 Spruce Avenue Wilmington, 19805 302-892-2210	<b>Woodlawn Library</b> 2020 W. Ninth Street Wilmington, DE 19805 302-571-7425	<b>Delmar Public Library</b> 101 N. Bi-State Blvd. Delmar, DE 19940 302-846-9894	<b>Seaford District Library</b> 600 N. Market Street Extension Seaford, DE 19973 302-629-2524		
<b>Hockessin Public Library</b> 1023 Valley Road Hockessin, DE 19707 302-239-5160	 <b>Kent County Libraries</b>	<b>Frankford Public Library</b> 8 Main Street Frankford, DE 19945 302-732-9351	<b>Selbyville Public Library</b> 11 Main and McCabe St. Selbyville, DE 19975 302-436-8195		
<b>Garfield Park Lending Library</b> 26 Karlyn Drive New Castle, DE 19720 302-571-7312	<b>Dover Public Library</b> 35 Loockerman Plaza Dover, DE 19901 302-736-7030	<b>Georgetown Public Library</b> 123 West Pine Street Georgetown, 19947 302-856-7958	<b>South Coastal Library</b> 43 Kent Avenue Bethany Beach, DE 19930 302-539-5231		

For information that can help you be the best parent you can be  
go to the **Growing Together** website:

[http://www.dhss.delaware.gov/dhss/dms/epqc/birth3/files/growingtogether\\_rev092611.pdf](http://www.dhss.delaware.gov/dhss/dms/epqc/birth3/files/growingtogether_rev092611.pdf)

**or** scan the QR code with your mobile device.



For information about **Child Development Watch**, the statewide  
early intervention program for children ages birth to 3 go to:

<http://www.dhss.delaware.gov/dph/chs/chscdw.html>

**or** scan the QR code with your mobile device.



## **Delaware Department of Education**

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Dover, DE 19901

[www.doe.k12.de.us](http://www.doe.k12.de.us)