

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 When holding a toy, accidentally drop it. Say, "Oops!" and point to where it went, then say, "Fell down!"	2 Place some beads or beans in an empty water bottle. Seal it with glue or duct tape and allow your child to shake it, roll it, and experiment with it.	3 When the family dinner is cooking, talk about the smells and what is cooking.	4 Give your child time on his tummy. This will encourage head control, pushing up with arms, and later working towards crawling.	5 When your child makes a sound try to repeat it back. This is important in building the foundation of communication.
6 Make up a song with the name of your child, such as to the tune of "B-I-N-G-O."	7 Eating is a social experience. While baby is eating, describe the color, texture, and smell of the food.	8 Tape a few large cardboard boxes together to create a tunnel. Encourage your child to crawl through it.	9 Read! Read! Read!	10 Sing a nursery rhyme to your child such as "Twinkle, Twinkle, Little Star," or the alphabet song.	11 Make a tent by draping a blanket over a table. Let your child find a toy in the tent.	12 When your child has learned to sit, offer toys to his side and front to strengthen balance and righting reactions
13 Hang large pictures of the family at your child's eye level. Talk to her about who she is looking at	14 Offer your child a basket full of soft toys. Show him how to dump them out and load them up again.	15 Be silly today. Put a box on your head and see if your child can reach to get it off.	16 Attend story time at your local library.	17 Lay your child on his back and put colorful socks on his feet. Help him lift his leg and pull off his sock. Say, "Bye-Bye sock!"	18 Stack some blocks, then roll a ball to knock them over. Stack them again and see if your child will try to roll the ball.	19 Sing to your child while feeding, diapering, and bathing. Vary your tones and rhythms as you sing.
20 Show your baby different ways to move with music. Clap your hands, stomp your feet, swing your arms, etc.	21 Talk! Talk! Talk!	22 Allow your older infant to spoon-feed himself (even if it's messy).	23 Fasten bells to your child's socks/booties. Your child will learn he has control over the sound.	24 Take your child to the grocery store. Let her smell the different fruits and feel the different textures.	25 Feel the fur of a stuffed animal and talk about how it feels.	26 Play "Where's my nose?" Ask your child to touch your nose or her nose, mouth, head, etc.
27 Give your child lots of love and hugs. Tell him how much you love him.	28 Sing your child your favorite lullaby.	29 Play pat-a-cake with your baby's feet when diaper changing.	30 Read! Read! Read!	31 Repeat your favorite activity of the month.		



Butterfly Baggie Craft

Materials

Zip-lock baggie
Construction or tissue paper
Pipe cleaner or clothes pin
Scissors

Directions

1. Cut the top off the baggie that sticks up above the zipper.
2. Cut paper into squares, crumple them and place them inside the baggie. Fill the baggie about 1/2 full.
3. Squeeze out the air in the baggie and seal it tight. Gather it in the middle and wrap and twist a pipe cleaner around the center. Twirl the ends to make the butterfly's antennas. Let your child play with the butterfly and talk to them about the different textures they feel.

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