

# Play & Learn 2023

# February—Infant



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
			<b>1</b> Collect several familiar items. Put them in a box. Let your baby pull out the items one at a time while you help him name each item.	<b>2</b> Give your baby a pile of differently textured clothes and linens. Let her explore the differences.	<b>3</b> With a baby who is not yet standing or walking, hold her securely under the arms, look into her eyes, and bounce her gently.	<b>4</b> Get on the floor with your baby and play! Talk about the toys, colors, and shapes you are playing with. Roll a ball back and forth.
<b>5</b> Blow a kiss to your baby and encourage him to copy by blowing a kiss, spreading open your arms and saying, "Blow me a kiss."	<b>6</b> Tie a string no longer than 6 inches to one of your baby's toys. Show how the toy moves when you pull.	<b>7</b> Gently bounce your baby on your knee and sing a nursery rhyme.	<b>8</b> As your baby begins to point at objects you can say what they are.	<b>9</b> While you are out on a walk, stop at your mailbox, lift up the baby and shout inside to hear the echo!	<b>10</b> While holding your baby on your lap, move your fingers around in the air and make a buzzing sound.	<b>11</b> Lay your baby on his tummy and get down on that level, making faces and noises to encourage him raising his head.
<b>12</b> Say, "Who's my valentine? ...my sweetie? ...my love?" Then say, "You are!" and kiss him!	<b>13</b> Read! Read! Read with your baby!	<b>14</b> Happy Valentine's Day!	<b>15</b> Play Pat-a-Cake with your baby. Play using baby's hands or feet!	<b>16</b> Make up a song with your baby's name, to the tune of "BINGO" or another familiar song.	<b>17</b> Show your baby a stuffed animal, touch its nose and say "beep," then touch baby's nose and say "beep!"	<b>18</b> When entering a dark room, turn on the light and say, "lights on!" Turn the light off and say, "lights off!" when you leave.
<b>19</b> Tie or tape some ribbons onto a wooden spoon and dangle them gently over baby's face.	<b>20</b> Tell your baby how much you love him.	<b>21</b> Sit your baby in front of you. Hold his hands and gently ease them forward and back and sing "Row, Row, Row Your Boat."	<b>22</b> Hold your baby next to a table and drum your hands.	<b>23</b> Sing, Sing, Sing to your baby!	<b>24</b> Turn the water on and off near baby. Say, "Water on, water off—all gone!"	<b>25</b> Using an empty paper towel roll, make trumpet sounds. Let baby try!
<b>26</b> Talk! Talk! Talk with your baby!	<b>27</b> Have a fun Jammie Day with your family!	<b>28</b> Let your baby touch snow or ice water and say "Brr, cold!"				

## Brag Book

Create a little homemade photo album that slips easily into a diaper bag! Your child will enjoy looking at this over and over!

Using sandwich size Ziploc bags, insert photos. Then staple them together to resemble a book, and cover the staples with duct tape to resemble the spine of a book.

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