



EVERY DAY I LEARN THROUGH PLAY!



ACTIVITIES TO DO WITH YOUR INFANT OR TODDLER



KEY LEARNING AREAS

-  Approaches to Learning
-  Creative Arts
-  Language and Literacy
-  Social Studies
-  Mathematics
-  Physical Health and Wellness
-  Science
-  Social and Emotional

Best wishes on your new baby! Your new arrival is ready to learn. No need to buy fancy programs or expensive materials, you can help your child learn and develop using daily routines, every day interactions and play. This guide provides ideas for learning in many areas of development (outlined in the Key Learning Areas below). You are your child's first and MOST IMPORTANT teacher!

Every child grows and learns new things at his or her own pace. Children may vary as much as 6 months in some of the things they are able to do. Children developing new skills need lots of practice, therefore, the activities in each age range can be used over and over again. You might notice that some activities are intentionally repeated in various age levels.

The activity guide is designed around key routines. Each routine provides multiple opportunities for interactions with adults and materials.

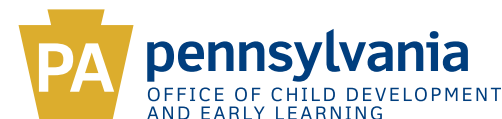
- ✧ **Let's Eat:** mealtimes, snack times, eating out.
- ✧ **Let's Get Clean:** bathing, diapering, toileting, grooming and dressing.
- ✧ **Let's Go:** travel, running errands, taking walks, exploring outdoors, vacations, body movement.
- ✧ **Let's Share Words and Stories:** reading, orally telling stories, acting out stories, pretend play, drawing and other forms of expression
- ✧ **Let's Say Hello/Goodbye:** transitions you and your child will make including transitioning between activities, cleaning up, visiting with a babysitter or going to child care
- ✧ **Let's Rest:** nap time, bed time and down time.

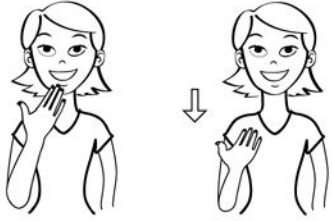


If you have any concerns about your child's development, call your local Early Intervention programs or CONNECT (1-800-692-7288) and talk with a child specialist.

Activities are linked with Pennsylvania Learning Standards for Early Childhood which define the skills and concepts children should know and do at various stages. For more information on the Learning Standards and to access other important information regarding your child's early education, go to www.pdesas.org/ocdel and check out the "For Families" tab.

This activity book is made possible through the support of...





THANK YOU



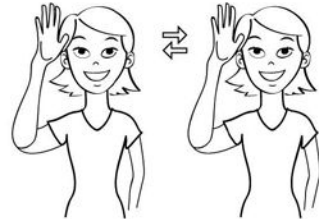
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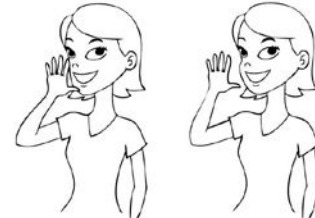
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BOOK

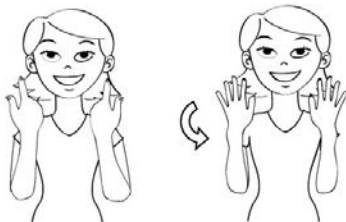


DADDY

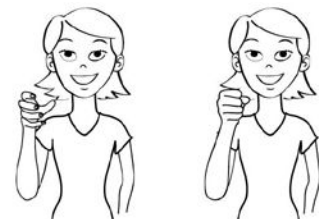


MOMMY

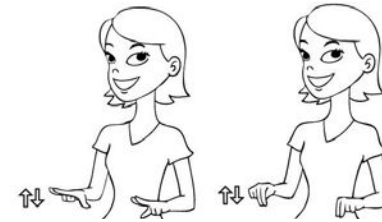
Using sign language with young children is a simple way to give your child a way to express his/her message.



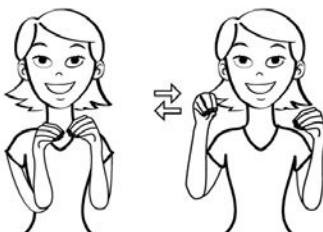
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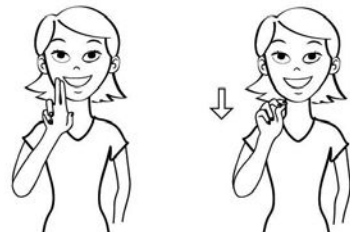
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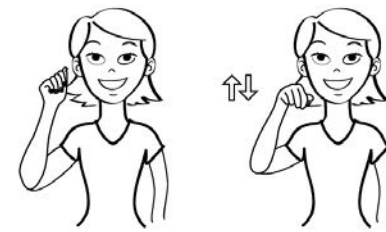
DIAPER



MORE



NO



YES

Children are able to understand language before they are able to speak it. Imagine you have something to say, but do not have the words to say it! How frustrating! Such frustration is a major reason young children act out. Using sign language with young children is a simple way to give your child a way to express his/her message. Here are a few simple signs to get you and your child "talking."



For more signs visit:
www.aslpro.com




0-3 MONTHS



MILESTONES *By end of 3 months*

- ✧ Can briefly calm self
- ✧ Smiles
- ✧ Focuses on faces
- ✧ Coos
- ✧ Turns toward sounds
- ✧ Follows things with eyes
- ✧ Acts bored (cries, fusses) if activity doesn't change
- ✧ Holds head up
- ✧ May begin to push up when lying on tummy

Let's EAT!

-  Describe your baby's signs of hunger. Describe what you are doing as you prepare for feeding, as well as during the actual feeding process. For example: "I hear you crying. That sounds like a hungry cry. Let's get ready to eat."
-  Use names for those who are interacting with and feeding your baby. For example: Daddy's feeding you today.
-  During feeding time, if your baby is alert, make "music" while making eye contact with him/her. Click your tongue, make kissing noises, whistle, hum a tune, or sing a favorite tune.

Children begin learning even before birth. Children learn through experiences with their world. Interaction is at the heart of learning and, all children benefit from spending time with adults who are close to them. From birth, infants take in their world through their developing senses. The senses of hearing, touch and smell are the most developed during the first three months of life. Sight develops significantly during these first few months, but babies in this age range focus best on items 8-12 inches away. Adult faces become a major focal point.




It may take your newborn several seconds to respond to you or he or she may not respond much at all. Be patient — you may need to keep trying or wait a while for your baby to enter an alert, responsive state.

(Parentese: the sing-songy tone of voice favored by many babies.)

INTERNET RESOURCES




Pennsylvania Department of Public Welfare www.dpw.state.pa.us
Connect with the various programs within the Department of Public Welfare to get the answers you need. Our goal is to be a quality human services provider and to respond to questions in a timely manner.

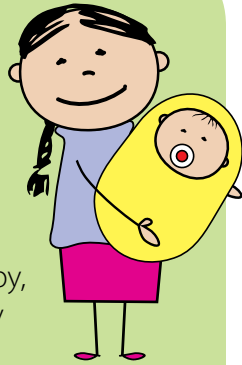
Let's GET CLEAN!

-  While changing a diaper or getting ready for a bath, gently play with your baby's toes and feet, doing light tickles. Add "This Little Piggy Went to Market" (see song list), touching a different toe per verse.
-  After bath time, give your baby's tummy a sampling of different textures. Collect an assortment of soft, touchable household objects. One at a time, brush each item ever so gently across your baby's skin, describing the sensation as you go. For example: "Feel the silky scarf? It's very slippery."
-  After bath time, warm a dime-sized squirt of baby massage oil or plain vegetable oil by rubbing it between your palms. Then gently massage it into your baby's skin. Name your baby's body parts as you gently massage each part.






Let's GO!




-  Take a walk outside. Describe the things you are seeing and feeling. Stop and have a picnic.
-  Tie or tape some ribbons, fabric, or other interesting streamers onto a wooden spoon. While walking or while riding in the back seat of the car with your baby, pull out the wooden spoon and dangle them gently over and in front of your baby's face.
-  Place your baby on his/her back, holding your baby's ankles, gently rotate your baby's legs as you say, "Row, Row, Row, Your Boat." (see song list)








Let's SHARE WORDS and STORIES!

-  Lie your baby down on a soft flat surface. Gently tap or rub your baby's hands and fingers while singing "Pat A Cake." (see song list)
-  Place your baby on his/her tummy (younger babies may only be able to handle a minute or two on their tummy but it is important to provide some tummy time to infants everyday). Place cardboard books or black and white pictures in front of your baby. Describe the pictures.
-  Read aloud to your baby in a calming tone. At this age it does not matter what you are reading as long you read with expression using parentese (see above) and make frequent eye contact with your baby.



Let's SAY HELLO - GOODBYE!



-  Play "Now you see it, Now you don't." Show your baby a toy. Cover the toy with a cloth, asking "Where is it?" Remove the cloth with a "Here it is."
-  Hold your baby closely or lie your baby down on a soft flat surface. Be sure to be close enough (8-12 inches) so your baby can see you. Start with small movements, like sticking out your tongue or opening your mouth in a wide grin. If you are patient, your baby may try to imitate you.
-  Begin to establish predictable routines for diapering, bath time, bedtime, etc. Routines and rituals provide a sense of safety that is the foundation for later exploration.



Let's REST!



-  Create black and white images either by drawing simple patterns such as diagonals, bull's eye, checkerboard, and simple faces with a black marker onto white paper or by printing out black and white images from the computer. Place these images where your baby can see them, ideally 8-12 inches from their face, in places where your baby has downtime.
-  Play "Goodnight Moon" as part of your bedtime routine. Carry your baby around the room or the house and say "goodnight" to favorite toys, people, and objects. 
-  Play a favorite CD or tape of lullabies or other soothing music while you settle your baby, and then leave it on at a low volume after you leave. 

KEY LEARNING AREAS

-  Approaches to Learning
-  Creative Arts

-  Language and Literacy
-  Social Studies

-  Mathematics
-  Physical Health and Wellness

-  Science
-  Social and Emotional

3-6 MONTHS

MILESTONES *By end of 6 months*

- * Recognizes familiar faces
- * Responds to other's emotions, often seems happy
- * Likes to look at self in the mirror
- * Rolls over in both directions
- * May react to strangers
- * Strings vowels together when babbling (ah, eh, oh)
- * Responds to own name
- * Begins to sit without support
- * Passes items from one hand to another

Let's EAT!

- ✋ While cuddling before feeding time, try the following finger play:
'Round and round the garden, went the teddy bear.
One step, two steps
Tickle under there

(Walk your fingers around your baby's palm. Take steps with your fingers up their arm, and then tickle their armpit, chin, or feet).

- 🔊 Hang a wind chime close to where you feed your baby. You can make a home-made one by hanging aluminum pie plates close together. Your baby will enjoy watching and listening to the sound during feeding.

- 😊 When your baby can sit upright in a highchair or while holding your baby in your lap, allow your baby to hold and explore spoons. When your baby begins to eat solids, he/she will enjoy holding a spoon while being fed.

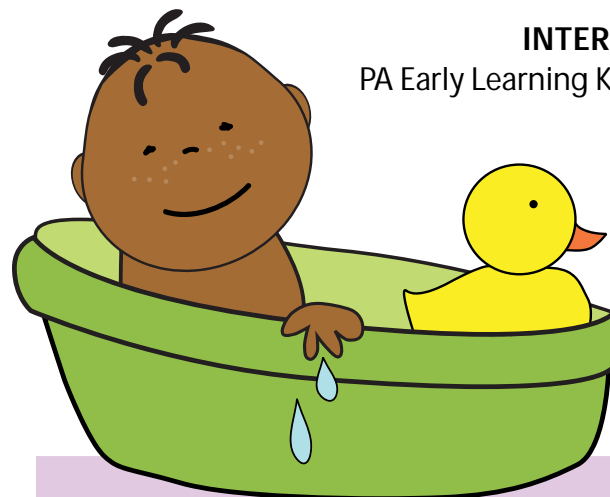


Three to six month olds begin to pay more attention to the world around them. Positive interactions, filled with language and sensory exploration, are beneficial to your baby's learning. If your baby is interested and involved in an activity—and having fun—he/she is learning! It isn't necessary to "teach" very young children. Treasure these early days of playing and cuddling with your little one—it is exactly what he/she needs to grow and learn.

INTERNET RESOURCES

PA Early Learning Keys to Quality www.pakeys.org




A quality improvement system in which all early learning programs and practitioners are encouraged and supported to improve child outcomes.






Let's GET CLEAN!

- ▲ After changing your baby's diaper, hold onto your baby's hands and wrists and count, "one, two, three, up!" GENTLY pull your baby to a sitting position. Smile and lower your baby to repeat.
- 🧻 After diapering, a bath or while getting dressed, recite "Hickory, Dickory, Dock" with accompanying movements (see song list)
- 😊 Play "What's that Toy?" by placing a textured toy under your baby's shirt during diapering or while getting dressed. Talk about what the toy feels like and where it is hidden.

Let's GO!




-  Play Airplane Baby! Rest your baby, tummy down, on your arm with your hand on the chest (similar to football hold). Use your other hand to secure your baby (supporting head and neck). Gently swing your baby back and forth. Walk your baby around the room making airplane noises.
-  Hang safe toys that make music or different sounds when they are touched from your baby's car seat. As your baby discovers them, he/she will begin to experiment with cause and effect. Be sure to point out and recognize your baby's efforts.
-  Weather permitting; take your baby on a nature adventure by taking a walk outside. Collect natural items along the way, such as leaves, grass, sticks, acorns, etc. When you get home, place the items in clear plastic bottles and secure the lids very tightly (you can use glue or tape, as well). Let your baby explore the items inside the bottles. You can punch small holes in bottles containing items which smell.

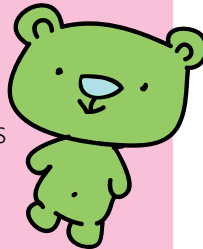
Let's SHARE WORDS and STORIES!

-  While holding your baby on your lap or while your baby practices sitting up (with support), read a simple story. Board books made of thick cardboard are best. Allow your baby to explore the book (most babies will attempt to place the book in their mouths). Point out pictures.
-  Place interesting photos and pictures around the house in areas where your baby will notice them (on the floor where your baby has tummy time, on ceiling above diaper area). Talk to your baby about these pictures when he/she notices them. Photos of family members engaged in various activities will interest your baby the most!
-  Have conversations with your baby. Listen for your baby's babbling. When he/she stops babbling, repeat what you heard, then wait. Your baby will most likely respond and you can repeat this back and forth conversation.






Let's SAY HELLO - GOODBYE!



-  Show your baby a ball then cover it under one of three plastic cups. Make sure your baby sees which cup you hid the ball under. Next, encourage your baby to grab or tap the cup with the hidden ball with a "You found it!"
-  After spending time away from your baby, tell your baby about your day.
-  A favorite toy, stuffed friend, blanket, or other item helps your baby feel comfortable moving from one place to another. Pictures of family members work great too!







Let's REST!



-  As you cuddle with your baby before nap or bedtime, pull out a flashlight, turn it on, and say "Look at the light!" Slowly move the light around the darkened room, focusing on various objects. Talk about the objects.
-  Place an unbreakable mirror on the floor in front of your baby. Your baby will enjoy seeing his/her reflection moving and smiling back.
-  Have an open space for your baby to practice rolling and resting. Add small cushions or pillows (with close supervision) for an added challenge.

KEY LEARNING AREAS

-  Approaches to Learning
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-  Social Studies

-  Mathematics
-  Physical Health and Wellness

-  Science
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6-9 MONTHS

MILESTONES *By end of 9 months*

- ✧ Responds to own name
- ✧ Finds partially hidden objects
- ✧ Sits alone
- ✧ Rolls over from back to stomach and stomach to back
- ✧ Babbles words like 'mama' or 'dada'
- ✧ Stands while holding on
- ✧ Passes toys or objects from one hand to the other
- ✧ Laughs and squeals



Six to nine month olds are explorers. They like to try things to find out what happens (cause and effect). They are beginning to move with some skill, sitting up, crawling and even beginning to stand. Babies of this age are interested in new things and people but, at the same time, often are afraid of strangers. They enjoy watching and responding to the things going on around them and like to repeat sounds and actions.

INTERNET RESOURCES

PA Promise for Children www.paprom.convio.net
Pennsylvania's Promise for Children is a campaign to raise awareness about the importance of providing Pennsylvania's young children with access to quality early learning opportunities.

Let's EAT!

- 🍏 Bring your baby to the table while your family is eating. Give your baby finger foods like banana slices or cheerios that allow your baby to practice picking up small items.
- 🍏 Introduce new foods, slowly. When the doctor tells you to start soft, solid foods like rice cereal, give one food several times to allow your baby to get used to the taste. If your baby appears not to like it, try again a few days later.
- 😊 Help your baby discover why or how things happen. When your baby drops a spoon or bottle, pick it up, describing what happened. "You dropped the spoon and it made a loud noise." Babies learn by doing the same thing over and over again.

Let's GET CLEAN!

- 😊 Peek-a-boo! After changing your baby's diaper, put a soft blanket or clothing item over a part of his/her face saying "Where's baby?" Then, pull it off gently, saying "Peek-a-boo!" Repeat with your baby's arm or leg, describing the covered body part as you play.
- 🔍 Give your baby a rattle or small toy to splash while being bathed.
- 👤 While undressing your baby, gently run your fingers from stomach up to the chin, saying, "Creepy, creepy mousy, from the barn (tummy) to the housy (chin)." Tickle your baby's chin when your fingers arrive there.
- 👤 Hold your baby up to the mirror while dressing. Describe your baby's face. Let your baby touch the mirror to discover that what is being seen is not "the real thing."

Let's GO!

- 🍏 Safety proof your house; crawl around with your baby to make sure there are no small items under the couch or dresser that your baby could put in his/her mouths.
- 🍏 Put a toy just out of reach and encourage your baby to crawl or move to get it. Shake it or move it to catch your baby's attention.
- 🏠 Talk about the wonderful colors and smells of the grocery store as you walk through with your baby. Use your shopping trip to talk about foods that are good to eat.
- 📱 Hold your baby on your lap and bounce, saying, "Humpty Dumpty sat on the wall. Humpty Dumpty had a great... pause and while holding your baby securely, bounce him/her between your legs as if to drop, saying with enthusiasm, "had a great fall."



Let's SHARE WORDS and STORIES!

- 📖 Describe objects and activities as they happen. "I'm putting on your socks," "look at that big ball," "that feels really soft."
- 📖 Play word games by repeating the sounds your baby makes... "Dada, Dada." Then, wait to see if your baby says them again. Change the sound a bit... "Mama, Mama" and wait to see if your baby tries a different sound.
- 📖 Make up songs by describing your baby's actions, clothing, etc. This teaches new words. "Pretty, pretty Polly is wearing a green shirt."
- 📖 Share the book Baby Faces (see book list) with your baby. Talk about each pictured face.

Let's SAY HELLO - GOODBYE!

- 👋 Hold your baby's hand up to wave good-bye when a familiar person leaves, saying "Good-bye." Make sure your baby sees favorite people leave so he/she won't worry about people disappearing.
- 👋 Help your baby know how to respond to visitors or new people by showing (or modeling) the ways you say hello or greet someone. Your baby will learn how to react in similar ways. Don't be surprised if your baby is fearful of new situations or adults; help your baby feel comfortable in strange situations, allowing time to warm up slowly.
- 📱 Sing the "Where is Thumbkin?" (see song list). This action song will help your baby learn that objects do not disappear when they go away.

Let's REST!

- 👋 Your baby may wake in the middle of the night and cry. This could be a sign of separation anxiety. Gently pat your baby's back and reassure him/her that you are nearby.
- 📱 Start your baby's day with a bonding experience. When your baby wakes up, sing "Good Morning Song" (see song list).
- ▲ Read Baby Can't Sleep (see book list) before bedtime. Pretend that five cotton balls are sheep. Count the "sheep" as you jump them over your baby's head.



KEY LEARNING AREAS

- 😊 Approaches to Learning
- 📱 Creative Arts

- 📖 Language and Literacy
- 🏠 Social Studies

- ▲ Mathematics
- 🍏 Physical Health and Wellness

- 🔍 Science
- 👋 Social and Emotional

9-12 MONTHS

MILESTONES *By end of 12 months*

- ✧ Pulls off socks or hat
- ✧ Claps hands together
- ✧ Says at least one word
- ✧ Puts objects in containers and takes them out
- ✧ Enjoys imitating people
- ✧ Understands "no"
- ✧ Identifies self in mirror
- ✧ Uses pincher grip to pick up small objects
- ✧ Stands for 1-2 minutes without support

Let's EAT!

- 🍏 Babies try new foods more willingly if they are allowed to feed themselves. Put small pieces of a new food on the tray and give your baby time to investigate it. Be prepared for the mess as your baby becomes better at getting foods into his/her mouth. Take a picture of your messy baby for the baby book!
- 🔍 Bring out the plastic food storage containers for stacking. Show your baby how to put one on top of the other and then give your baby time to try it.
- 📺 Put on some lively music while cooking dinner. Encourage your baby to bounce or move to the music. Music is a great way to gain control over body movements.



Babies at this age watch others and then repeat the actions they see. They like to explore objects and actions and do things over and over again to understand how things work. Older babies also are beginning to remember things they've seen before and may copy something they've seen. They are starting to say basic words and understand many things they hear.

INTERNET RESOURCES

Center on the Social and Emotional Foundations for Early Learning

<http://www.vanderbilt.edu/csefel/index.html>




The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) is focused on promoting the social emotional development and school readiness of young children birth to age 5.






Let's GET CLEAN!

- 🔍 Play "Name the Body Part" while bathing or dressing. Ask "Show me your nose" or "Where are your hands?"
- 🍏 Help your baby get excited about bath time! Put a favorite toy or rattle just out of your baby's reach and encourage your baby to reach for it. Keep moving it closer and closer to wherever you bathe your baby.
- 😊 Dip a kitchen spatula or spoon with holes into bubble solution (dish detergent works great!) and blow bubbles for your baby to watch. Encourage your baby to try to catch them.
- 📺 Introduce art and painting to your baby by painting in the bathtub. Give your baby a clean paintbrush and encourage him/her to paint the walls with the water.




Let's GO!

-  Keep your baby's attention while driving in the car by chanting your baby's name or other familiar words. Then add words that rhyme even if they are nonsense words. "car, car, far, far, har, har, har." "Beep, cheep, heap, sleep."
-  Make a ramp by putting a toilet paper or paper towel roll under a large book or flat object. Then, roll a small ball or object down the ramp and watch what happens! Repeat over and over and clap when the ball reaches the bottom.
-  Make a texture book by putting different objects on sheets of paper and fasten the sheets together. Make a page with cotton, another page with sandpaper, and another with felt or ridged cardboard. Help your baby feel each page and talk about the way the materials feel. Put this book in your diaper bag for touching and reading while you wait at the doctor's office.




Let's SHARE WORDS and STORIES!

-  Take pictures of family members and paste each one on cardboard to make a family album. Read the book, talk about each family member. "There's Grandma. She has a big smile in this picture." Read this book every day before bed or before leaving for child care.
-  Tape down a large piece of sticky paper or Velcro on the floor. Put objects on top of the sticky paper and then, with your baby, try to pull them off. Use words that describe what's happening. "That sticks!" "The ball is hard to pull off."
-  Give your baby a piece of paper and a thick, non-toxic crayon or marker. Show your baby how to make marks on the paper and let him/her scribble away. Beginning writing starts with scribbles!



Let's SAY HELLO - GOODBYE!



-  Give your baby a chance to be part of the hello-good-bye routine by letting her/him push the doorbell or the elevator button when you enter child care or are visiting a friend or neighbor.
-  Make a set of shakers for the car or stroller. Fill small plastic containers with safe materials like rice or dry lima beans. Put on the lids and seal the containers with glue or heavy tape. Keep them handy when you're running errands.
-  Hold up each of your pointer fingers and make motions as you say: Two Little Blue birds sitting on a hill. One named Jack (wiggle one finger), One named Jill (wiggle the other finger). Fly away Jack (Move finger behind back). Fly away Jill (Move other finger behind back). Come back Jack (bring finger back in front of you). Come back Jill (bring second finger back).


Let's REST!



-  Fresh air before naptime helps babies become drowsy. Take a walk around the block, talking about the scenery. "The leaves are starting to turn green. I hear a dog barking. Listen to that loud truck."
-  Sing Twinkle, Twinkle Little Star as a good night song. Move your baby's hands and arms to the motions: Twinkle, Twinkle Little Star (wiggle fingers); How I wonder what you are. Up above the world so high (hold hands above head); Like a diamond in the sky (make a diamond shape); Twinkle, Twinkle Little Star (wiggle fingers); How I wonder what you are.
-  Count your baby's toes as you take off his/her socks while getting ready for rest time. Sing, "1-2-3-4-5, once I caught a toe alive. 6-7-8-9-10. Then I let it go again."

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12-18 MONTHS

First words, first steps, and first efforts at independence - what an exciting time for you and your growing baby. Toddlers are aware of other children, but still may prefer to play alone. Sharing is hard for toddlers and will be learned over time. Hearing your toddler say, "It's mine" is common. When your toddler does play with other children, offer plenty of materials. During this time of active exploration, it is best to direct your child to another activity if they are doing an unwanted behavior. Spend more time encouraging wanted behaviors. It will take MANY reminders as your toddler learns what is expected.

MILESTONES *By end of 18 months*

- * Imitates others during play
- * May have temper tantrums
- * Plays pretend (talking on a toy phone)
- * May show fear with strangers
- * Uses several single words.
- * Points to things he/she wants
- * Walks without help
- * Scribbles on his/her own
- * Says and shakes head "no"
- * Drinks from a cup and eats with a spoon



INTERNET RESOURCES

Zero to Three www.zerotothree.org

ZERO TO THREE is a national, nonprofit organization that informs, trains, and supports professionals, policymakers, and parents in their efforts to improve the lives of infants and toddlers.

Let's EAT!






- 🍏 Allow lots of time for your toddler to practice feeding himself/herself with a spoon and drinking from a sippy cup.
- 😊 Provide time for your toddler to pretend to feed his/her doll or stuffed animal.
- 🍳 Provide play food, plates, pots/pans, cups, etc. for your toddler to "cook" with. Enjoy the pretend meal together!
- 📖 Teach and use simple sign language (see resource) such as "eat," "more milk," "please," "thank you," and "finished." Simple sign language is a wonderful tool to help your toddler communicate while language is being developed.

Let's GET CLEAN!






- 😊 Explore with bath toys, plastic cups, squirters, strainers in the bathtub. Pour water from a cup into the bath from different heights.
- 🔍 Freeze a small bath toy in a paper cup filled with water. Peel off the cup and watch as the ice melts in the bathtub. *The toy must be big enough to not fit into a toilet-paper roll to prevent possible choking.
- ▲ Sing "Five Little Ducks" (see song list) while acting out the song with 5 rubber duckies in the bathtub. Practice counting to 5.
- 👤 If your toddler is fearful of the sound made when taking the plug out to drain bath water, make crazy, fun sounds before and during the process.
- 😊 Give your toddler a brush/comb to brush their stuffed animal or doll's hair.







Let's GO!

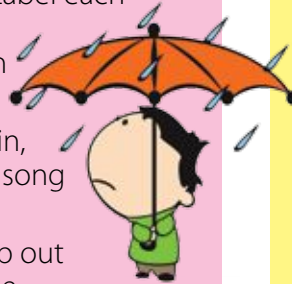
-  Encourage your toddler to throw, push and kick a ball forward.
-  Run, hop and march to music.
-  Sing action songs like "Itsy Bitsy Spider" and "Wheels on the Bus" (see song list).
-  Go for a nature walk and collect items (acorns, leaves, sticks, pinecones, etc.) to fill a wagon or bucket. Toddlers love to fill and dump things over and over again!
-  Make instruments such as a drum made from an oatmeal container, shakers with paper towel rolls filled with rice with tape over the ends, bells tied to ribbons, etc. Parade around in a marching band.

Let's SHARE WORDS and STORIES!






-  Read Mouse Paint (see book list). Make mouse tracks by dipping your toddler's finger into red, blue and yellow non-toxic paint and pressing onto paper. Talk about how the colors mix to make other colors. 
-  After reading a favorite story, ask your toddler to act out something a character did. For example, after reading The Little Engine that Could (see book list), ask your child to move like a train and make a sound like a train.
-  Look for books with real pictures of animals and practice making animal sounds together. Talk about the animals. For example, "the snake is slimy and makes hissing sounds."
-  Take books everywhere! Let your toddler "read" to you! Listen, smile and laugh as he/she points and babbles.

Let's SAY HELLO - GOODBYE!



-  Make a "take along" book with pictures of familiar things, people and routines. Glue the photos to large index cards. Label each photo. Place the index card pages into zipper plastic baggies, punch a hole in the corner and tie with yarn or book rings.
-  When a storm is coming, or you get caught in the rain, ease your toddler's fear and make it fun by singing a song about rain such as "I Hear Thunder" (see song list).
-  After bath time, have your toddler use a cup to scoop out bathwater and put into a bucket. Then take it outside together to water the garden!
-  Tell your toddler before you are going to grandma's, childcare, etc. Make a book or picture chart (or picture schedule) showing the order that the activities and events of the day will occur.







Let's REST!



-  Have your toddler put his/her doll or stuffed animal to bed, covering it and patting the doll or animal's back.
-  Read Goodnight Moon (see book list). Go and find the moon and talk about it together. You can even pretend to jump over the moon!
-  Read Time for Bed (see book list) and talk about how, where and when different animals sleep.
-  Have your toddler color or paint slowly while listening to lullabies or other slow, relaxing or classical music. He/she could also crawl, walk, or dance slowly to the tempo of the music.
-  Give your toddler choices! For example, allow your toddler to choose from 2 sets of pajamas. He or she could also choose a book from three selections. Count the books as you point to them.

KEY LEARNING AREAS

-  Approaches to Learning
-  Creative Arts

-  Language and Literacy
-  Social Studies

-  Mathematics
-  Physical Health and Wellness

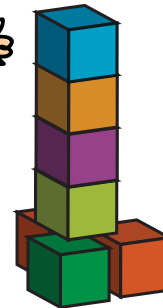
-  Science
-  Social and Emotional

18-24 MONTHS

Your 18-24 month old is on the go! As your toddler begins to walk, run and climb with greater skill, a new sense of independence emerges. You may need to toddler-proof your house AGAIN! As your toddler continues to explore his/her world, you may see your toddler watching and imitating others. Your toddler might copy day-to-day tasks such as brushing his/her hair, dressing, and feeding routines. You may find your toddler using objects for different, new purposes, such as using a toothbrush as a brush for their stuffed animal.

MILESTONES *By end of 24 months*

- ✧ Says 30-50 words & says two word sentences
- ✧ Builds towers of 4 or more blocks
- ✧ May show interest in the potty
- ✧ Can name most familiar things
- ✧ Shows a wide range of emotions
- ✧ Understands "mine," "his" and "hers"
- ✧ Shows defiant behavior



INTERNET RESOURCES

American Academy of Pediatrics www.aap.org
The official Web site of the American Academy of Pediatrics—an organization of 60,000 pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults.

Let's EAT!







- ▲ Look at pictures and photos of foods in magazines and name them. Help your toddler to tear or cut out (with appropriate child-size scissors) pictures of food and glue them to make a food collage or book. Count the foods together.
- 🔍 Talk about how vegetables grow and help your toddler plant and care for a bean seed.
- ▲ When dining out, have your toddler point to, color and talk about different foods on the children's menu. Count food items as your toddler points to them.
- 😊 Make pudding together. Help your toddler pour and stir the ingredients. Describe the ingredients and expand your toddler's language (ex: your toddler says "milk" and you can say "yes, the milk is white and creamy").








Let's GET CLEAN!

- 🍏 Assist your toddler with tooth brushing while playing/singing Raffi's "Brush Your Teeth" song (see song list).
- 😊 During bath time, encourage your toddler to name different body parts as he/she washes. Use a variety of washers (sponge, washcloth) to experience different textures.
- 🍏 Give your toddler a wet sponge or washcloth to wipe countertops, tables, etc. Allow her/him to help clean with child-sized brooms, mops, etc.
- 🔍 Put a bar of soap and plastic animals or dolls into a water table, sink, or tub and have your toddler wash them. Exploring with the bar of soap can be a new experience, since many families use liquid soaps. Talk about how the soap feels. For example, "slippery and wet."

Let's GO!




-  Draw a simple map with 3 places (such as your house, a tree and a neighbor's house) before going for a walk and point out the places on the map as you pass them.
-  Read books that encourage movement and singing such as Five Little Monkeys Jumping on the Bed (see book list).
-  Move like a variety of animals (ex: jump like a frog, crawl like a bug, etc.)
-  Throw and catch a ball outside. Inside, you can toss balls or beanbags into baskets or inside a hula hoop.
-  Play "Follow the Leader" by having your toddler follow you as you march, hop, etc. and then allow her/him to be the leader, following what he or she does.
-  Play outside daily weather permitting! Use push/pull and riding toys.

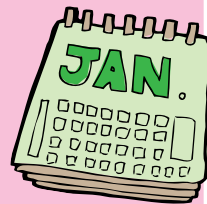
Let's SHARE WORDS and STORIES!

-  Give your toddler a large paper heart, a blanket, and/or hats and allow him/her to hide various stuffed animals/dolls behind the heart, the blanket or the hat as you read Peek-a-Boo, I Love You! (see book list). The book ends with a heart-shaped mirror for your toddler to see himself/herself as you read "Peek a Boo, I love You!"
-  Relate stories to things that your toddler is familiar with asking things like, "Where do dogs live?" "What sound does a dog make?" or "What toys do you like to play with in the bath?"
-  Play "I Spy" while reading. "I spy something big and blue. What is it?"
-  Describe your toddler's emotions while reading. "This part of the story makes you laugh, feel sad, etc."
-  Allow your toddler to look at books independently and tell the story to you.








Let's SAY HELLO - GOODBYE!



-  When it's time to clean up toys, sing "Toys away. Toys away. Time to put the toys away." Or sing "Clean Up" (see song list). Clean up with your toddler, showing him/her how and where to put toys and praise your toddler as he/she cleans up. "Wow, you are doing a great job putting your toys away!"
-  Move like an animal: walk quietly "like a mouse" into the doctor's office or library, hop "like a cricket" to the door before going outside to hunt for bugs.
-  Look at a calendar together. Point to and count the number of days until a special event such as a play date, first day of school, vacation, etc.







Let's REST!



-  Ask your toddler to wiggle his/her sillies out, then point to a body part (nose, mouth, arm, etc.) and "put it to sleep" until your toddler's whole body is resting.
-  Put several items into a bag or empty tissue box and have your toddler reach in and feel and guess the item or ask him/her to find "something bumpy."
-  Have your toddler lie down on a big piece of paper (you can cut open a brown paper bag) and trace the outline of her/his body. Color the face, hair, clothes together.
-  Give your toddler strips of construction paper and a variety of stickers and make bookmarks together.
-  "Paint" with water on sidewalk, driveway, etc. with sponges, paint brushes and roller brushes. Explore with water and sidewalk chalk.

KEY LEARNING AREAS

-  Approaches to Learning
-  Creative Arts

-  Language and Literacy
-  Social Studies

-  Mathematics
-  Physical Health and Wellness

-  Science
-  Social and Emotional

24-30 MONTHS

MILESTONES *By end of 30 months*

- ✧ Copies others
- ✧ Gets excited when with other children
- ✧ Says sentences with 2 – 4 words
- ✧ Follows simple instruction
- ✧ Builds towers of 4 or more blocks
- ✧ Might use one hand more than the other
- ✧ Stands on tiptoe
- ✧ Throws ball overhand

INTERNET RESOURCES

Center for Early Literacy Learning www.earlyliteracylearning.org/pgparents.php
The Center for Early Literacy Learning (CELL) promotes the adoption and sustained use of evidence-based early literacy learning practices.

Let's EAT!

- 🍏 Explore ways to create fun snacks with your child. For example, ants on a log with cream cheese on celery and cereal down the center. Talk about how you are going to make it, as well as the textures, colors, smells and tastes. Brainstorm other snack ideas that you could try at a later time.
- 🍏 Set your child up for success. Prepare food in a form that is reasonably easy for your child to manage, for example, finger foods, thickened soups. Allow your child to be independent. If she/he does ask for help, assist minimally still allowing him/her to be as independent as possible.
- 🏠 Visit a local farmer's market or produce stand. Talk about what kinds of food come from the farm. Enjoy some locally grown foods together. Talk about colors, flavors, textures.
- ▲ At home or while dining out, count the number of place settings together.

Children 24-30 months are consistently testing their independence, insisting on completing tasks without help. Expect to hear words and phrases such as "mine", "no" and "me do it." You will notice that your child plays next to other children and may begin to play more cooperatively with others. As your child becomes more social, provide opportunities for play dates with other children. Good news, you may begin to see your child showing signs of being ready to use the toilet (dry diaper for long periods of time, some regularity of bowel movements, urinates a lot at one time).

Let's GET CLEAN!

- 📖 Sing the following song, while drying off after a bath.




*After my bath, I try, try, try
To wipe myself off til I'm dry, dry, dry.
My arms, my legs, my neck, my nose,
All my fingers and all my toes!
Just think how much less time it would take
If I were a dog and could shake, shake, shake!*

- 📖 Get creative and change the words to your favorite nursery rhymes. Rub a dub dub; a child is in the tub; and who do you think he/she be?; Why "child's name" is in the tub. Rub a dub dub; as clean as he/she can be.

- 🔍 Take a milk jug and make a few holes in the bottom of it. Be careful to sand down any rough edges. Your child will enjoy filling and watching the water pour out of the bottom of the jug. Engage your child in questions: Why is the water coming out of the bottom?; Can you find a way to stop the water from coming out?; Can we make the water come out slow/fast?






Let's GO!

-  Waiting in line at the grocery store is an excellent time to engage your child in conversation and vocabulary building. Point to a picture on a magazine cover while asking "What do you think this girl is doing?" Look for letters in big type. Point to a letter and say "Look, here's a B just like the letter B in your name."
-  Go outside after it rains. Look for a puddle. Have your child drop a rock into the puddle and talk about what happens. "How can we make a BIG splash? A small splash?" Look for worms and talk about how they feel, and move. Follow up by reading Diary of a Worm (see book list).
-  Lie in the grass and watch the clouds on a sunny day. Have your child share what shapes he/she sees OR find a certain shaped cloud and ask your child to search the sky for it. Follow up by reading It Looked Like Spilt Milk (see book list).






Let's SHARE WORDS and STORIES!





-  Have lots of conversations with your child. This boosts language skills, introduces the concept of conversation and enables your child to feel important. **Two-year olds typically can speak between 200 and 250 words.**
-  Your child can tell stories through drawing. Help your child understand that pictures have meaning. Ask him/her to tell you about his/her drawings. Show you are listening by asking questions about the colors, shapes and what the picture is about.
-  Start a story and ask your child to add to it. When telling a pretend story, ask your child to make up details, for example, "What does the child's bike look like?" If the story is about a real person or place, ask your child to give details about them.





Let's SAY HELLO - GOODBYE!



-  When you are sending your child to a setting for the first time, there are a few things you can do to help your child get over those first day jitters. Visit the setting as many times as possible before you begin. You and your child both will be more comfortable if the surroundings, sounds and staff are familiar.
-  Invite a friend over for a play date. Get your child excited about the visit, sharing how much fun he/she will have and offering many items of interest to explore. As children play, introduce new vocabulary and engage in conversations.
-  Begin introducing the concept of time. Talk about what we do in the morning (get up, eat breakfast, play), what we do in the afternoon (nap, play) and what we do in the evening (dinner, play, story time and go to bed). Have your child start predicting what routines may come next.


Let's REST!



-  The soothing sound of a familiar voice helps your child drift off to sleep. Have a calming conversation while settling down for bed.
-  Make bedtime fun and a part of the day your child looks forward to! Play a quiet game before going to bed. For example, Pick something in the room and give your child clues to help him/her guess what it is. For example, "I see something ..."
-  Add a new twist to naptime. Take a blanket and pillow outside on a warm (not hot) afternoon and look for a shaded area. Have your child close his/her eyes and listen to the sounds all around. Listen for the birds, the cars, a dog barking, a door opening and closing etc.
-  Create a fort together. Drape sheets and blankets over furniture. Crawl in with your child. Use a flashlight to make shadow puppets. You and your child will enjoy this indoor "camping" experience.

KEY LEARNING AREAS

 Approaches to Learning
 Creative Arts

 Language and Literacy
 Social Studies

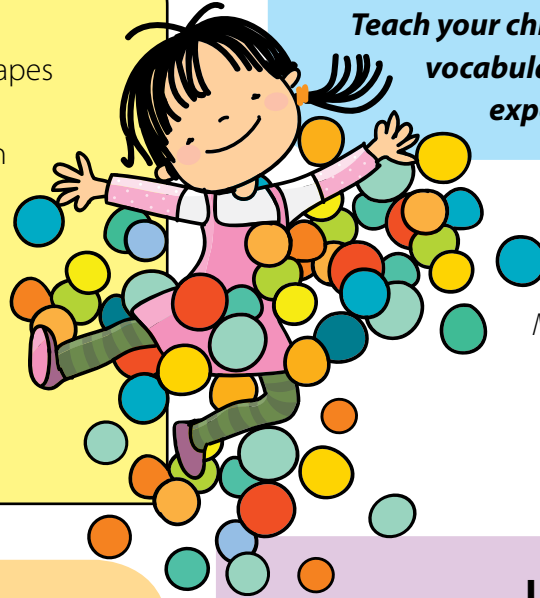
 Mathematics
 Physical Health and Wellness

 Science
 Social and Emotional

30-36 MONTHS

MILESTONES *By end of 36 months*

- ✧ Play begins to include others (i.e. tea parties, chase games)
- ✧ Laughs at unusual words for things
- ✧ Points to things or pictures when they're named
- ✧ Repeats words overheard in conversation
- ✧ Begins to sort shapes and colors
- ✧ Finds things even when hidden
- ✧ Follows two-step directions
- ✧ Kicks a ball
- ✧ Begins to run
- ✧ Makes or copies straight lines



As children continue to demonstrate independence, they will test their limits and boundaries--taking risks and showing defiant behavior. Spend more time praising your child's positive behavior while limiting attention to negative behavior. Language is developing quickly and can help your child talk about his/her behaviors and feelings.

Teach your child to "use his/her words." Introduce new vocabulary by labeling emotions and talking about experiences.

INTERNET RESOURCES

Pennsylvania Public Libraries

www.publiclibraries.com/pennsylvania.htm

Most libraries have wonderful learning opportunities for children of all ages. To find out what programs are offered in your local community, please visit the link above which provides a listing of all public libraries within the Commonwealth.

Let's EAT!

- 🔍 Pretend that your kitchen is a science lab. For example, ask your child what he/she thinks might happen when you mix baking soda and vinegar OR make "goop" by mixing corn starch and water. Talk about how the "goop" feels (dry and wet at the same time).
- 🍏 Enjoy strawberries as a snack. Talk about the seeds on the outside. After washing, cut the strawberry in half and talk about what you see. JOKE: What do you call a sad strawberry? (A "blue" berry)
- 😊 Try new fruits and vegetables like star fruits, kiwis, corn in the husk, etc. Discuss the shape, texture and smells. Compare what the fruit/vegetable looks like on the outside to what it looks like on the inside. Ask your child questions and listen closely to his/her answers.
- 👤 When dining out, give your child a few choices (use picture menu if the restaurant provides one). Let your child choose what he/she will eat from the choices given.

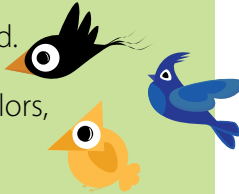
Let's GET CLEAN!

- 🔍 Provide several objects during bath time (a feather, cotton, leaf, rock etc...) and have your child predict whether the object will float or sink, then test them.
- 🍏 Time your toothbrushing. Play one of your child's favorite songs and have him/her brush teeth until the song is over.
- 🧼 You can encourage creativity in the tub! Make homemade bath paints with your child using 1 Tbsp (or more) of cornstarch, 1/3 cup dishwashing soap (eco-friendly) and food coloring. Encourage your child to paint away.
- 🧼 Create a microphone using an empty toilet paper roll and a piece of crumpled aluminum foil. Attach the ball of aluminum foil to the toilet paper roll with tape. Encourage your child to use the microphone to sing or to tell stories while in the tub.



Let's GO!

- ▲ Go on a scavenger hunt with your child. Search your home looking for change that has been lost under sofa cushions etc. Once found, help your child sort the coins into separate piles by type. The money he/she finds can be used to purchase a treat the next time you are out and about!
- 🔍 Go outside and scatter birdseed or stale bread around. Make predictions on how long it will take the birds to come. Watch for the birds. Be sure to talk about colors, sizes of the birds and sounds they make. Take paper and encourage your child to draw the birds.
- 🏠 A great way to teach your child to give back is to volunteer. Your local SPCA can always use volunteers to walk their dogs. As you control the leash, your child will be happy to walk alongside a furry friend. Be sure to use this opportunity to build vocabulary and encourage discussion. You can also talk about dog safety.



Let's SHARE WORDS and STORIES!

- 📖 Have your child choose her/his favorite stuffed animals. Take photos of the animals and create a book with a title page. Have your child look through the book and tell you the story.
- 🍏 Talk to your child about fire safety – steering clear of matches, lighters, candles, stovetops, radiators and heaters. Discuss what to do in a fire emergency and practice with your child.
- 📱 Make your own face paint combining ½ cup of cold cream with 2 Tbsp. of cornstarch. Scoop mixture in empty egg carton containers and add food coloring. Turn your child into his/her favorite animal or character. Get creative!

Let's SAY HELLO - GOODBYE!

- 👋 Moving from one activity to another (transitioning) can be stressful for children and parents. Offering two, acceptable choices can help ease the stress of transition times. For example, "Do you want to slither like a snake or jump like a frog to bed?"
- 📱 Make cleaning up fun. Be sure to give a verbal or non verbal warning before it's time to clean up. Warning signals include: 5 minute verbal warning, ring a bell, turn on a favorite song or turn off the light.
- 📖 When picking your child up from a play date, school or a relative's house – show interest in them by asking specific questions about what they have done. Listen to his/her response and add comments or ask more questions to keep the conversation going. The number of words you exchange TRULY matters in language development!

Let's REST!

- 🍏 Yoga provides many health benefits for children and adults. Try "the Tree Pose" by standing up straight and tall. Breathe in and out and feel your legs reaching toward the ground and your head reaching toward the sky. Lift your right leg, bending at the knee and place it on your left leg above or below the knee. Let your leg be strong like the trunk of a tree and stretch your arms up like branches!
- 📖 Read stories aloud to your child. Your child will enjoy hearing the same story over and over again. Repetition helps children learn about the structure of stories which prepares your child to become a reader and writer.
- 🔍 Take a quiet, peaceful walk inside or outside. Agree to be very quiet and pay attention to the sounds that are all around you. Ask, "What do you hear?" Talk about where the sounds may be coming from. At the end of your walk, reflect on all the different sounds you heard together. See how many your child can remember.



KEY LEARNING AREAS

😊 Approaches to Learning
📱 Creative Arts

📖 Language and Literacy
🏠 Social Studies

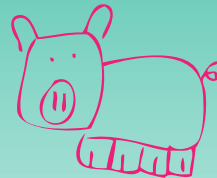
▲ Mathematics
🍏 Physical Health and Wellness

🔍 Science
👋 Social and Emotional

SONGS & FINGER PLAYS

Pat-A-Cake

Pat-A-Cake, Pat-A-Cake,
Baker's Man.
Bake me a cake,
As fast as you can. (clap hands to beat)
Roll it. (roll hands)
Pat it. (pat lap or floor)
Mark it with a "B," (finger write "B" on baby's belly)
And put it in the oven for baby and me.
(tickle baby's belly)

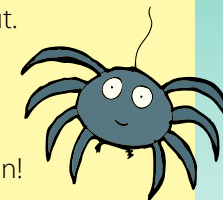


This Little Piggy Went to Market

This Little Piggy went to market.
This Little Piggy stayed home.
This Little Piggy had roast beef.
This Little Piggy had none.
And this Little Piggy went "wee wee wee"
all the way home!

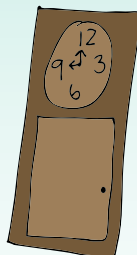
The Itsy Bitsy Spider

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!



Hickory, Dickory, Dock

Hickory, Dickory, Dock
(Touch your baby's toes, knees and hips)
The mouse ran up the clock.
(Tickle up your baby's body)
The clock struck one,
(Touch your baby's nose)
The mouse ran down,
(Tickle down your baby's body)
Hickory, Dickory, Dock.
(Touch your baby's toes, knees and hips)



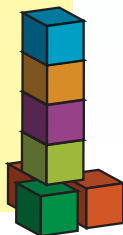
Row, Row, Row Your Boat

Row, Row, Row Your Boat,
Gently Down the Stream,
Merrily, Merrily, Merrily,
Life is but a Dream.



Clean Up

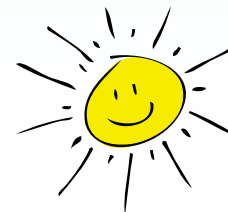
Clean-up, clean-up
Everybody get some toys.
Clean-up, clean-up
All the little girls and boys.
Clean-up, clean-up
Everybody do your share.
Clean-up, clean-up
Everybody, everywhere.



I Hear Thunder

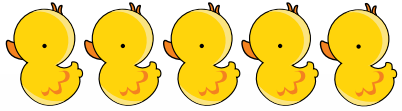
(sung to the tune of "Are You Sleeping?)

I hear Thunder, I hear Thunder, (drum feet on the floor)
Oh don't you? Oh, don't you? (pretend to listen)
Pitter-patter raindrops, (flutter your fingers for raindrops)
Pitter-Patter raindrops
I'm wet through, (shake your body vigorously)
So are you! (point to your child)



Good Morning Song

Good Morning, Good Morning,
Good Morning to you.
I'm Happy to see you,
And how do you do?



Five Little Ducks

Five Little Ducks went out to play,
Over the hills and far away.
Momma Duck said,
Quack, Quack, Quack, Quack,
But only four Little Ducks came back.

(repeat for 4, 3, 2, 1, no little ducks)

No Little Ducks went out to play,
Over the hills and far away.
Momma Duck said,
Quack, Quack, Quack, Quack,
And all of the five little ducks came back.

Raffi's "Brush Your Teeth" Song

If you get up in the morning at a quarter to one
and you want to have a little fun,
You brush your teeth ch ch ch ch, ch ch ch ch...

If you get up in the morning at a quarter to two
and you want to find something to do,
You brush your teeth ch ch ch ch, ch ch ch ch...



If you get up in the morning at a quarter to three
and you want to hum a tweedle dee dee,
You brush your teeth ch ch ch ch, ch ch ch ch...

If you get up in the morning at a quarter to four
and you think you hear a knock at the door,
You brush your teeth ch ch ch ch, ch ch ch ch...

If you get up in the morning at a quarter to five
and you just can't wait to come alive,
You brush your teeth ch ch ch ch, ch ch ch ch...



Wheels on 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!

Additional verses:

The people on the bus go up and down.
Up and down.

The horn on the bus goes beep, beep, beep.
The wipers on the bus go swish, swish, swish.

The signals on the bus go blink, blink, blink.
The motor on the bus goes zoom, zoom, zoom.

The babies on the bus go waa, waa, waa.
The parents on the bus go shh, shh, shh.



INFANT & TODDLER BOOK LIST



Highlighted book titles are used with activities referenced in this guide.



BOOKS FOR BABIES

Baby Can't Sleep by Lisa Schoeder

Book for babies about counting sheep.

Baby Faces by Joy Allen

Babies love to look at other baby faces. These colorful photographs of various facial expressions of babies will delight youngsters. (series)

Beep Beep by Peter Horacek

A family goes for a ride in their bright yellow car to Grandma's house, but the fun is with the wonderful sound words given. A companion book is Choo Choo.

Colors by Justine Smith

A first color book is just one in a series of books by this author for babies through age two. Others include Shapes and Alphabet.

Duckie's Splash by Francis Barry

A clever concept board book showing a duck meeting several other animals with a surprise pop-out ending that will delight the very young.

Global Babies

by Global Fund for Children

A board book displaying 17 baby faces from around the world, and also the clothing each baby wears.

Goodnight Moon

by Margaret Wise Brown

A little rabbit bids goodnight to each familiar object in his moonlit room.

Peek-a-Moo! by Marie Torres Cimarusti

An oversized life-a-flap peek-a-boo book with brightly colored animals and the sounds they make.

Ten, Nine, Eight by Molly Bang

This picture book shows a loving father and his little "big" girl who turn bedtime into playtime with a rhyming game.

That's Not My Teddy...

Its Paws Are Too Woolly by Fiona Watt
Brightly colored pages with touch-and-feel surfaces is just one of many great titles in this popular series

Yellow-Red-Blue: Baby Flip-a-Face

by Sami

Young babies like to focus on other baby faces, and this book of simple smiling faces with fun die-cuts and soft foam-filled pages is a great choice. (series)

BOOKS FOR TODDLERS

Big Yellow Sunflower by Frances Barry

Pages shaped like petals unfold one-by-one to reveal the stages in the life-cycle of a sunflower plant from seed to fully grown plant. (series)

Diary of a Worm by Doreen Cronin

A young worm discovers, day by day, that there are some very good and some not so good things about being a worm.

Do Lions Live on Lily Pads?

By Melanie Walsh

Nonsense questions about animal homes are on a perfect level of humor for toddlers. (series)

Down on the Farm by Merrily Kutner

Toddlers can bounce along with the rhymes in this joyful barnyard romp and can also join in the repeated refrain of "Down on the Farm."

Five Little Monkeys Jumping on the Bed

by Eileen Christelow

A count-down book where the little monkeys jump on the bed, only to fall off and bump their heads. (series)

Freight Train by Donald Crews

Clear, bright illustrations show all the cars of a train moving through day and night, country and city.

He's Got the Whole World in his Hands

by Kadir Nelson

An African-American boy with a multi-ethnic family is the star of this well-known spiritual.

It Looked Like Spilt Milk

by Charles Green Shaw

A mystery book for young children presents a continuously changing white shape silhouetted against a blue background that challenges them to guess what it is.

It's Okay to Be Different by Todd Parr

Brightly colored child-like figures celebrate diversity and the acceptance of individualism (several other great titles by this author).

Mouse Paint by Ellen Walsh

Three white mice discover jars of red, blue, and yellow paint and explore the world of color.

My Big Book of Spanish Words by

Rebecca Emberley

A first dictionary of simple bilingual words introducing children to colors, numbers, animals and much more.

Peek-a-Boo, I Love You

by Sandra Magsamen

This adorable peek-a-boo book invites little ones to play along with their favorite animals, with soothing rhymes and engaging illustrations.

The Napping House by Audrey Wood

A rhythmic, repetitive text tells the story of a snoring granny, a dreaming child, a dozing dog, a snoozing cat, a slumbering mouse, and a disruptive, wakeful flea.

Sheep in a Jeep by Nancy Shaw

A playful story reveals the misadventures of a group of sheep that go riding in a jeep. (series)

Ten, Nine, Eight by Molly Bang

A little girl counts down to bedtime.

The Three Bears by Byron Barton

A simplified version of the classic tale with vibrantly colored illustrations.

Time for Bed by Mem Fox

As darkness falls parents everywhere try to get their children ready for sleep.

Who Hoots? By Katie Davis

This book becomes a guessing game of animal sounds with many silly, nonsense suggestions.



MILESTONES & FUN MEMORIES

MY HANDPRINT

Month _____ Day _____ Year _____

MY FOOTPRINT

Month _____ Day _____ Year _____

Fill in with the dates your child accomplishes these milestones!

The first time I smiled was with _____
on _____. I think I smiled because _____

I can now hold my head up. _____

I love lying on my stomach, but now I can push myself up on my
elbows! _____

Wow! I can roll over in BOTH directions. _____

There is no stopping me now, I can crawl! _____

I am sitting up all by myself! _____

My first word was _____ and I said it to
_____ on _____.

I graduated! I now drink out of a sippy cup/cup. _____

I am eating solid foods: I really like to eat _____

I don't care too much for _____

I can use a spoon without anyone's help. _____

I took my first steps on _____

I walked toward _____

MY FAVORITES

Book: _____

Toy: _____

Place to visit: _____

Time of day: _____

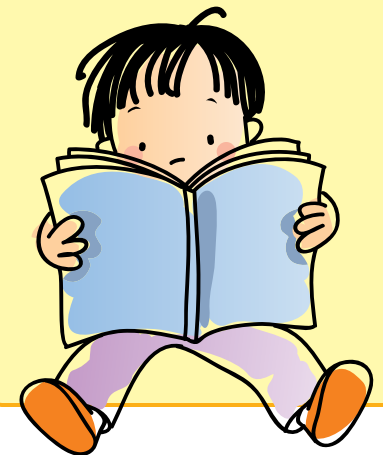
Color: _____

Song: _____

Fingerplay: _____

Drink: _____

Outfit: _____



FAMILY PHONE LIST & IMPORTANT INFO

EMERGENCY: 911 ✨ POISON CONTROL: 1-800-222-1222

MEDICAL

Pediatrician _____
Doctor _____
Dentist _____
Eye Doctor _____
Orthodontist _____
Pharmacy _____
Veterinarian _____

FAMILY CONTACTS

School _____
Bus/Carpool _____
Mom at Work _____
Mom's Cell _____
Dad at Work _____
Dad's Cell _____
Other _____
Other _____

MAINTENANCE

Electrician _____
Trash Removal _____
Cable/Internet _____
Gas/Oil _____
Auto Repair _____
Phone Co. _____
Pest Control _____
Plumber _____

FRIENDS, NEIGHBORS, ETC.

CHILD CARE

ALLERGY/MEDICAL INFO

USEFUL NUMBERS

Library _____
Hair Salon _____
Florist _____
Delivery/Take Out Food:

Alarm Co. _____
Other _____

