### Greeting

**ACTIVITY**
Greet your baby with a warm smile and make eye contact with your little one before taking them from their sleep space. Talk to your baby about their night and what you do as you prepare for the day.

**LEARNING SKILLS**
Responds with emotion to stimulus

**MATERIALS**
N/A

### Gathering Time

**ACTIVITY**
After meeting personal-care needs, you and your child are ready to start the day. Read the book *Eating the Alphabet* by Lois Ehlert. If you do not have the book see read aloud. Listen for and point out foods that you may have in your home.

Note - Screen time is not recommended for this age group, so listen to the book rather than looking at the screen.

**LEARNING SKILLS**
Explores books in a variety of ways

**MATERIALS**
Eating the Alphabet book or [click here for read aloud](#)

### Transition

**ACTIVITY**
When transitioning to the next activity, chant *Pat-a-Cake* with your child and clap along following the motions: “roll it, pat it, mark it with a “B” (for baby). When you say “B” you can write the letter with your finger on your baby’s tummy. You can substitute the B with the first letter in your child’s name, such as using K for Kristi.

*Pat-a-cake, pat-a-cake, bakers’ man,*
*Bake me a cake as fast as you can.*
*Roll it, pat it And mark it with B.*
*Put it in the oven, For baby and me.*

**LEARNING SKILLS**
Uses sounds and gestures as a form of reciprocal communication

**MATERIALS**
Sony lyrics
PROCESSING ACTIVITY

ACTIVITY
First, demonstrate how to pick up an object from a basket or container and place it in a muffin tin. Say each item’s name and describe it as it is being placed in the muffin tin. Offer the basket to your child and encourage your little one to pick an object, explore it and put it in the tin. Repeat until all the cups are filled.

LEARNING SKILLS
Uses fingers and hands to accomplish actions

MATERIALS
Six- or twelve-cup muffin tin, objects such as clothespins, cubes, plastic eggs, shape sorter, shapes

CONNECTION ACTIVITY

ACTIVITY
Provide a small and safe amount of water, sponges and possibly bubbles and soap for your child to experience. If appropriate, encourage your child to wash the dishes. You can sing a fun song as you play.

LEARNING SKILLS
Participates in an adult-led exploration of matter

MATERIALS
Water, soap, sponges, plastic dishes, click here for “Bubble Song”

PERSONAL CARE INTERACTIONS

ACTIVITY
Wash your hands and your child’s before a meal. If you are having fresh produce, wash an apple, cucumber, etc., with your child and talk about how important it is to clean your food, just like you clean your hands.

LEARNING SKILLS
Participates in healthy practices

MATERIALS
Soap and water and produce in the sink
### MEALTIME

**ACTIVITY**

When your child is eating their meal, use descriptive language to talk about what they are eating. Name the food, tell your little one if the food is hot or cold and describe the smell and taste.

**LEARNING SKILLS**

Uses new vocabulary in everyday speech

**MATERIALS**

N/A

### TRANSITION

**ACTIVITY**

When transitioning from an activity, sing or listen to “Peanut Butter Sandwich” by Raffi.

While singing the song, substitute your name and your child’s name in place of the names in the song.

**LEARNING SKILLS**

Use sounds and gestures as a form of reciprocal communication

**MATERIALS**

Phone or device for listening to Peanut Butter Sandwich song

### OUTSIDE TIME

**ACTIVITY**

What do birds eat? See if you can find examples of a bird finding or eating food in the environment. Place a simple bird feeder by a window and observe the bird feeder with your child. What do you see?

**LEARNING SKILLS**

Shows interest in the environment

**MATERIALS**

Bird feeder if available, not required – DIY bird feeder suggestion
REST TIME

ACTIVITY
Follow a naptime routine with your child. Count with your baby as you name items that you discovered when looking out the window.

LEARNING SKILLS
Counting and naming items

MATERIALS
N/A

TRANSITION

ACTIVITY
Using a spoon and a bowl, have a mini musical parade as you move from one room to the next.

LEARNING SKILLS
Uses elements of music

MATERIALS
Bowl, spoon

CHILD’S CHOICE

ACTIVITY
Show your baby a variety of safe kitchen utensils. Allow your little one to choose which utensil(s) they would like to play with.

LEARNING SKILLS
Initiates interests

MATERIALS
Kitchen utensils