INFANT - MUSICAL MOVEMENT

GREETING

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

LEARNING SKILLS
Responding with emotion to stimulus

MATERIALS
N/A

GATHERING TIME

ACTIVITY
Once personal-care needs are met and you and your child are ready to start the day, read *Shake It Up, Baby!* by Karen Katz or another children’s music book. Talk about the illustrations and name the different movements or instruments.

LEARNING SKILLS
Attending to a picture in a text when reading with an adult

MATERIALS
Book

TRANSITION

ACTIVITY
Shake a rattle or other shaker toy as you move to the next activity.

LEARNING SKILLS
Exploring objects and sounds

MATERIALS
Rattle or shaker toy
## Processing Activity

**ACTIVITY**

Turn the bowls, pots or pans over so the openings are facing the floor. Use your hand or a wooden spoon and demonstrate a drumming motion for your child and encourage them to do the same. By using “drums” that are different sizes and made from different materials, your baby has the choice of multiple drums with different sounds.

**LEARNING SKILLS**

Expressing self through music

**MATERIALS**

Bowls, pots, pans

## Connection Activity

**ACTIVITY**

Select items to place in an aluminum bowl. Encourage your infant to listen carefully to the sounds the toys make in the bowl. Talk with your child about what you are hearing. “Do you hear it? This is loud.” You can also tell your baby the name of what is inside the bowl and talk about how it moves, e.g., going up and down, sliding, shaking.

**LEARNING SKILLS**

Using the senses as a primary means to explore and learn from the environment

**MATERIALS**

Various infant-safe toys, aluminum bowl

## Personal Care Interactions

**ACTIVITY**

Soothing your infant with a comforting song is a technique that is popular throughout the world. Some lullabies to try are “Rock-a-bye Baby” and “You Are My Sunshine.”

**LEARNING SKILLS**

Recognizing and responding to familiar adults and routines

**MATERIALS**

N/A
### MEALTIME

| ACTIVITY | Provide soft instrumental background music at mealtime for a new sensory experience. |
| LEARNING SKILLS | Responding to music |
| MATERIALS | Music player |

### TRANSITIONS

| ACTIVITY | Bend and stretch your infant’s legs and arms as you sing “Row, Row, Row Your Boat.” Sing while holding your baby or supporting him or her and making rocking motions in time with the lyrics. Try other variations of the song, for fun! |
| LEARNING SKILLS | Participating in adult-guided movement activity |
| MATERIALS | Variations on “Row, Row, Row Your Boat” |

### OUTSIDE TIME

| ACTIVITY | Using wrist rattles, place a rattle on your infant’s wrist or ankles. Gently tap or shake them so the rattles make noise. Encourage your infant to continue moving his or her arms and legs, attending to the sounds the rattles can make. If your infant walks or crawls, wrist and ankle rattles are fun for him or her to see where the noise is coming from as he or she moves. If you don’t have wrist rattles, try a child-safe bracelet or other fun musical objects. |
| LEARNING SKILLS | Responding to music and sound |
| MATERIALS | Wrist rattles or bracelets |
## Rest Time

**Activity**

Follow a consistent rest routine with your baby. Talk with your child about the day’s activities as you lull him or her to sleep.

**Learning Skills**

Responding to sensory stimulus

**Materials**

N/A

## Transition

**Activity**

Have fun with anticipation and predictions. Before beginning or moving to the next activity, say, “We are going to change your diaper now” or something similar. Observe your child’s reaction to see if he or she looks to the general area of the next activity. Try this with other transitions such as swapping toys or getting ready to go outside.

**Learning Skills**

Anticipating the next step of a familiar routine

**Materials**

N/A

## Child’s Choice

**Activity**

Place a variety of safe shakers, rattles and bells in front of your child and observe to see which one he or she gravitates to first.

**Learning Skills**

Making simple choices

**Materials**

Percussive toys such as rattles