

THIS MONTH'S THEME

Healthy Habits

Discover the world of Healthy Habits with this exciting theme! Babies will have a blast exploring and playing with interactive activities that promote exercise, healthy choices and cognitive growth. From engaging in hands-on games to listening to fun stories and songs, little ones will be captivated while learning about staying healthy.



**Sing and dance at home
with theme-based music!**



Play & Learn at Home

Encourage different types of play with objects you can find at home or in nature. Below are three activities you can try at home related to the same type of play.



Roll

What words or motions does the child use to communicate a desire?

Young Infant

While the child is on their tummy, roll a ball toward them.

Older Infant

Place a few balls in a bucket. Pull one out and make an excited face.

Young Toddler

Put a few balls in a bucket. Shake the bucket and invite the child to come see what is inside.

What happens if the child is holding an object, then given another object?

Young Infant

Show the child a ball, slowly moving it closer to them, then farther away.

Older Infant

Hold out a bowl of balls and invite the child to reach to investigate.

Young Toddler

Set a bowl of balls on the floor and invite the child to crawl to investigate.

What photos does the child recognize?

Young Infant

Tape pictures of food around the room on the walls. Pick up the child and walk around the room.

Older Infant

Tape pictures of food low on different walls. Hand a ball back and forth with the child.

Young Toddler

Tape pictures of food around on the floor. Hand a ball back and forth with the child.

READ EVERY DAY

Establish a reading routine

to bond with your child through stories. Reading to your baby can help establish a predictable daily routine while also promoting brain activity, early literacy skills and language development.

Try this way to read: Point to pictures to build vocabulary. Look for similar objects or pictures throughout the day.

How:

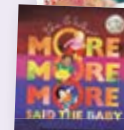
- Name the pictures on the page and encourage your child to point to them.
- Act out the story by clapping, mimicking sounds and waving.
- Hunt for and point out different food items on each page.
- Ask easy "where" questions. "Where is the apple? There it is!"

Tip of the Month: Read for a few minutes at a time: Don't worry about finishing entire books.

BOOKS & NURSERY RHYMES



Clap Hands
by Helen Oxenbury



**More More More
Said the Baby**
by Vera B. Williams



**The Very Hungry
Caterpillar**
by Eric Carle

Jack in the Box

Jack in the box
Sit so still. (Cover eyes with hands.)
Won't you come out?
Yes, I will! (Open hands and peek-a-boo!)

Reminders and Upcoming Information

