

Parent and Child Activity Calendar

Infants (0-12 months)



The FNQLHSSC is happy to present you with activity calendars dedicated to parents to foster parent-child interactions and children's overall development.

This series is made-up of 4 calendars corresponding to each of the following age-group:

- Infants (0 to 12 months) Preschool (36 to 60 months)
 Toddlers (12 to 36 months) School-age (60 to 72 months)

Each calendar contains 12 pages of activities fostering all areas of the child's growth; physical, cognitive, language, social, and spiritual development. There is developmental checklists to control the child's growth and development for each age-group. Furthermore, you will find on each page a "scrapbooking" activity that will personalise the calendar that parents will be able to browse over and cherish childhood souvenirs of their child.

We hope that this material will contribute to increase your desire to encourage parent-child interaction and reinforce parental involvement of families in your community.

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To all of you, our sincere thanks.



Infants (0-12 months)

The following activities are in order from birth to one year of age, ranging from the simplest activities for very young babies to more challenging activities as baby develops over the first year of life. The ages given for each of the activities are only intended to serve as a guideline for parents.

INTRODUCTION

The activities in the Parent/Child Calendars have been selected to encourage the development of language, cognitive, fine motor, and gross motor and social/self – help skills. The activities in this calendar are homework for parents – to learn to play and enjoy this special time with their growing child.



To make good use of this calendar:

- Set aside 10 minutes every day to enjoy a calendar activity together.
- Repeat the different activities several times; your child will become better at each try.
- Encourage your child to attempt an activity, even when it is challenging.
- Encourage your child to communicate as much as possible.
- Set aside a place to proudly display the calendar.

It is most important to treasure your time together as childhood is but a brief moment in your child's life. Remember, you are your child's first teacher, and will guide him into adulthood.

DEVELOPMENTAL CHECKLIST

Use this checklist to see how your child grows and changes. Do not become alarmed if your child cannot do all the things listed.

0 to 6 months

- Rolls from stomach to back
- Reaches for toy
- Transfers toy from one hand to another
- Looks for noise made near him
- Makes sounds for specific reasons (hunger, wet, etc.)
- Helps hold bottle while drinking
- Plays with toys
- Pats mirror image
- Puts everything in his mouth
- Follows toys when held in front of his eyes

6 to 12 months

- Sits without support
- Pulls to stand
- Crawls on all fours
- Understands the meaning of NO and BYE-BYE
- Repeats sounds made by others
- Feeds self cookies or crackers (may not be neat)
- Waves bye-bye
- Shy with people he doesn't know
- Turns pages of a book (more than one at a time)

Open these pages and you will see the best story you'll find...
everything about me

Around 0-2 months

Follow my Face

Lay your baby on his back and let him follow your face. Start by moving your face slowly from side to side. As you move from left to right, your baby will follow you with his eyes and turn his head.

It will take some time for your baby to follow your movements for more than just a second, but after a while he will follow you with his eyes for a longer time.

Try letting him follow other objects, such as a brightly colored toy, or a ball. Often, black and white objects will catch an infant's attention. Be sure to name objects or people as they appear.

Things are Looking Up

Before your baby learns how to lift his head on his own, you can help him by placing him on his tummy on the floor. Make sure that his arms are positioned in front of him with the elbows bent. Get down on the floor with him and place a brightly colored toy in front of him as you call his name. This will help him to lift his head and strengthen his neck, back and arm muscles.



Baby Painting

In a warm place, remove your baby's clothes so that he is wearing only his diaper. Using a feather, paintbrush, silky scarf, or even a cotton ball, gently stroke your baby's face, chest, back, arms, and legs. He will enjoy the sensation. Be sure to name the part of the body you are tickling so he can hear your voice.

Early Sounds

Take your baby in your arms and hold him about 9 inches away so he can see your face and lips. Speak to him in a cheerful voice, then pause and listen for him to make baby sounds. When he makes a sound, repeat it. Show your baby that you like it when he makes sounds. Smile and be encouraging. These little sounds are what your baby will later use to make words.

Just a note from me to you to keep you up to date,
On how my life is changing while we both await.
Please don't mind my kicks,
my legs and arms just need to move a bit.

I don't know what you look like yet but I really know your voice.

I like when you sing and talk to me while I'm in this place.

These nine months are so special while we are joined as one.

Please be patient, it won't be long until we are together.

Our family is growing, with many special days to come.

But the most special one, the one I'm looking forward to,
is the day you hold me in your arms.

But for now until I'm there, I just wanted you to know

I LOVE YOU,

Your New Bundle of Joy

Paste a
picture of
your ultrasound
here

Around 2-3 months

Near and Far

For this activity, choose a time during the day when your baby is awake and alert, perhaps in the morning. Take a favorite stuffed toy or rattle and touch the back of his hand and move it a few centimeters away. Your baby will try to swipe at the object. Be sure to move the object slowly so he has time to touch it. This will help him in developing coordination.



Up and Down

Babies learn a lot from songs. Sing traditional songs to your baby that can be accompanied by up and down actions in them. As you gently and slowly move your baby up, down and around, you are allowing him to see his world from different places. Here is a simple song which can easily be translated in your language:

Here we go up, up, up (lift baby up).

Here we go down, down, down (bring baby down).

Here we go front and back (turn baby around).

Here we go round and round (hold baby and spin around).



Copycat

Look into your baby's eyes until he looks back at you. Then, make a face – try a surprised look with raised eyebrows and pursed lips or a wide-open mouth. Now wait. It may take him a minute or so to manage it but your baby will probably try to imitate you. Make your expressions obvious, and don't forget to give him plenty of time to react.

Welcome to the World!

It's a:

Full name:

Traditional name:

Date:

Time:

Day of the week:

Where:

Who delivered you:

Who was there:

Weight:

Length:

Description of you:

Most people said you resembled:

our first moments together:

Memories from this special time:

Around 3-4 months



Babbling

Try singing simple songs to your baby to encourage more babbling. Be sure to maintain eye contact while you sing. Make up simple songs in your language. Give your baby a chance to respond with his own sounds.

Head Shoulders Knees and Toes

During a quiet time, or while your baby is in the bath, help develop your baby's growing self-concept. Name and touch his body parts as you touch or wash them.

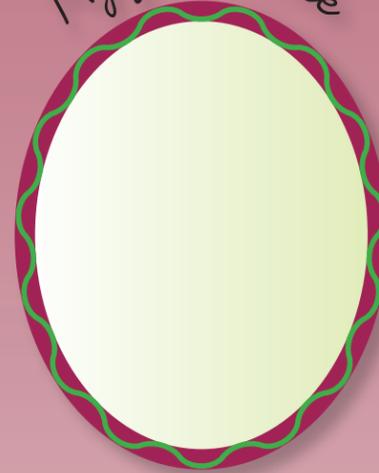
Try this fun song:

Head and shoulders, knees and toes, knees and toes, knees and toes,
Head and shoulders, knees and toes, eyes and ears, and mouth and nose.

Photo Gallery

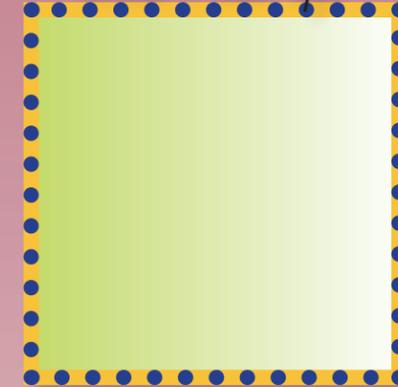
Glue different photos and write the date under each one.

My first smile



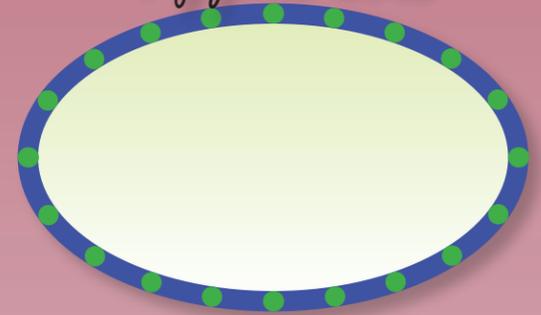
Date: _____

The first time I sat up



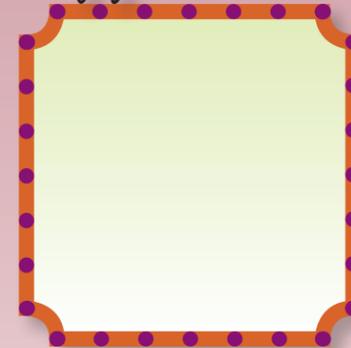
Date: _____

My first word



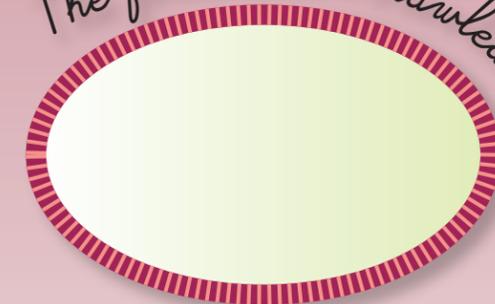
Date: _____

My first tooth



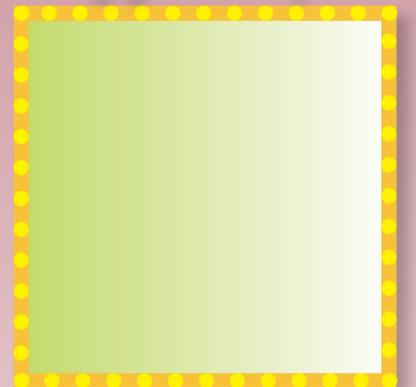
Date: _____

The first time I crawled



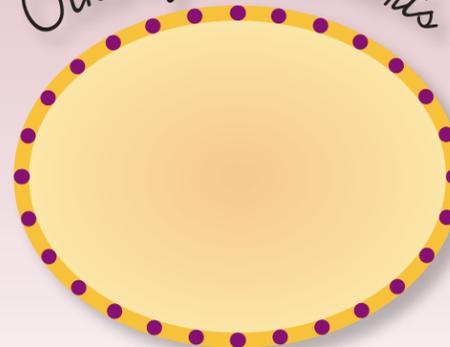
Date: _____

My first steps



Date: _____

Other first moments



Date: _____

My first haircut



Date: _____

Around 4-5 months

Peek-a-boo

Peek-a-boo is a fun game for babies. Try placing your hands over your eyes, then over his eyes. Cover your face with a towel or baby blanket, and then quickly pull it away while saying "peek-a-boo" in a cheerful voice. Briefly and gently you can lightly cover a part of his face with a baby blanket. Talk to him so he hears your voice as his eyes are covered (say, "Where's Baby?"), then pull the blanket away saying, "peek-a-boo."



Swimming in the Bathtub

At bath time, fill the tub with warm water and climb in with your baby. With your hand supporting him, help him to float on his back and then swoosh him through the water. He will probably start kicking his feet and splashing the water as you move him.

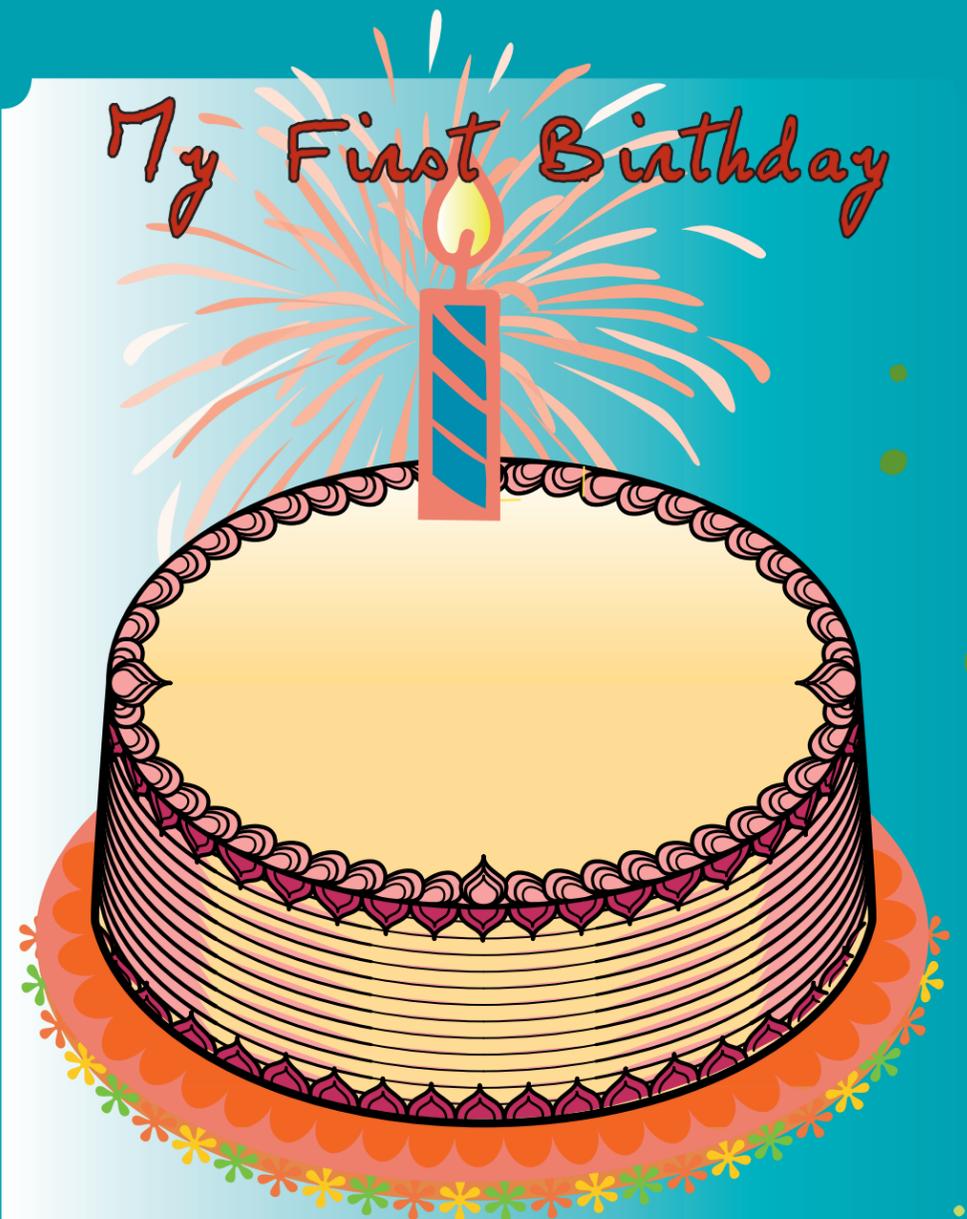
Making Noise

Lay your baby on his back. Using both hands, hold up a piece of newspaper or aluminum foil where he can kick it and listen to it rustle.

Baby Roly Poly

Before your baby is able to roll over on his own, you can help him experience the feeling of rolling over. On a soft surface, such as a mat or a bed, lay your baby along one side of a blanket. Next, watching that his arms and legs do not get stuck under him, gently lift the quilt up to help him roll over.

My First Birthday



We celebrated on:

We ate:

You wore:

The party theme was:

The birthday cake was:

Who attended your party:

Special memories of your birthday:

Special gifts from your birthday:

Around 5-6 months

Sitting-up Practice

Help your baby practice sitting up by placing him on his back on your lap with his head at your knees. Let him grab your index fingers and help him sit up by pulling your fingers and bracing his feet against your stomach. Remember to watch that his neck does not fall back too far. You can also try laying him on the floor and letting him grab your fingers. Enclose his fingers with your hand and pull him up into a sitting position. Do this several times while saying “up” and “down”.



You Have Two Hands

Show your baby that he has two hands. Give your baby a toy that he can hold in one hand and then show him how to move the toy to the other hand. He will soon learn how to move the toy back and forth from one hand to the other.

We are Alike

Help your baby to understand that he is like you. Place your baby on a bed, a mat, or a soft carpet, and kneel over him. Bring your face down over his and say, “face” while you touch his face. Take your baby’s hands and place them on your face. Show him other features, such as eyes, nose, mouth, and ears.

The Baby in the Mirror

Put your baby in front of a mirror where he can easily see his reflection. Point to him and say his name. Name yourself. Touch his different features while naming them (eyes, nose, mouth, hair, etc.). Help him to touch them. He might try to touch the baby in the mirror.

Sit and Reach

This game will help develop your baby’s trunk muscles and his balance. It will give him the confidence that he needs to stay upright on his own. Prop pillows to support your baby in a seated position. Place a colorful toy or object just out of his reach and watch him reach for it. Praise him when he grasps the object.



_____’s First Christmas

santa & me

What santa brought me?

Who was there?

What I did?

Around 6-7 months

Find the Toy

This game will help your baby begin to learn that objects do not disappear when they are out of sight.

Take out a special toy and show it to your baby. Using a blanket, partially cover the toy. Your baby will learn to pull at the part of the toy he sees.

Clap with enthusiasm. Place a small toy in the palm of your hand and let him see it just for a moment.

Then close your hand and encourage him to find it by saying "Where is the...?"



Knee Rides

Babies like to be bounced. Knee rides are a good way to allow them to do so. Sit your baby on your lap, facing you. Hold him under his arms and move forward until you are sitting on the edge of your seat. Lift your heels so your baby gets a good (YET GENTLE) bounce, while you recite some traditional rhymes. Do not do this immediately after the child has eaten.



My First Traditional Ceremony

Insert a picture taken during the ceremony.

What was the event: _____

Date: _____

Who was there:

What I did: _____



Around 7-8 months

Bing, Bang!

Let your baby discover how to make different sounds using household items. Using a pot, a pan and a wooden or plastic spoon, demonstrate to your baby how to bang them together to make noise like a drum. Then give the items to your baby so he can make his own "music". When he gets older, try making different rhythms and see if he can copy you. You may also use traditional musical instruments if you have any.



Tunnels of Fun

Babies really enjoy the sense of discovery when crawling through tunnels. You can easily make fun, temporary tunnels out of sheets and chairs or opened-up cardboard boxes. Call to your baby from one end, or crawl through yourself and encourage him to follow you. The baby may crawl on his tummy or his hands and knees. (If your baby does not join in at this age, he will in a few more months).

Fun with Containers

Give your baby a container full of small toys. Make sure that they are big enough so that your baby cannot choke on them. Your baby can now take them all out, one at a time. With a little help from you, he can put them back as well. A variety of containers, egg cartons containing objects in each section can help refine this skill. Talk about "in" and "out" as baby plays.

Handprint Poem

Children have a certain way of growing bigger every day,
but these little hands and this special smile
will stay in our hearts a long, long while.

Trace your child's handprints above.

Around 8-9 months

Follow the Leader

At this age babies love to imitate what they see. A good game to encourage this is “follow the leader”. Using simple gestures, facial expressions, or hand play, encourage your baby to copy you. Blow a kiss, tap the table, wave, touch your nose, or open and close your fist. Be creative and remember to always talk about the things you are doing.

Mat Play

This is a game that your baby can play while seated in a highchair. Place a toy on a hand towel or cloth placemat just out of your baby’s reach. He will have to pull the mat in order to get the toy. It might be necessary to show him how to play the game first. When he gets the toy, encourage him and say, “Good for you, you did it by yourself!”

The Parent Playground

That’s you, of course! Your baby can have all sorts of fun just climbing over you while you lie on the floor, or walking up your standing body as you support him under the arms.

When he gets to your shoulders, sit him on them (hold him carefully) so that he can be the biggest person in the room.

Try giving him a ride on your foot: cross your legs at the knee, sit him on your top foot, and hold his arms and swing him up and down and side to side.

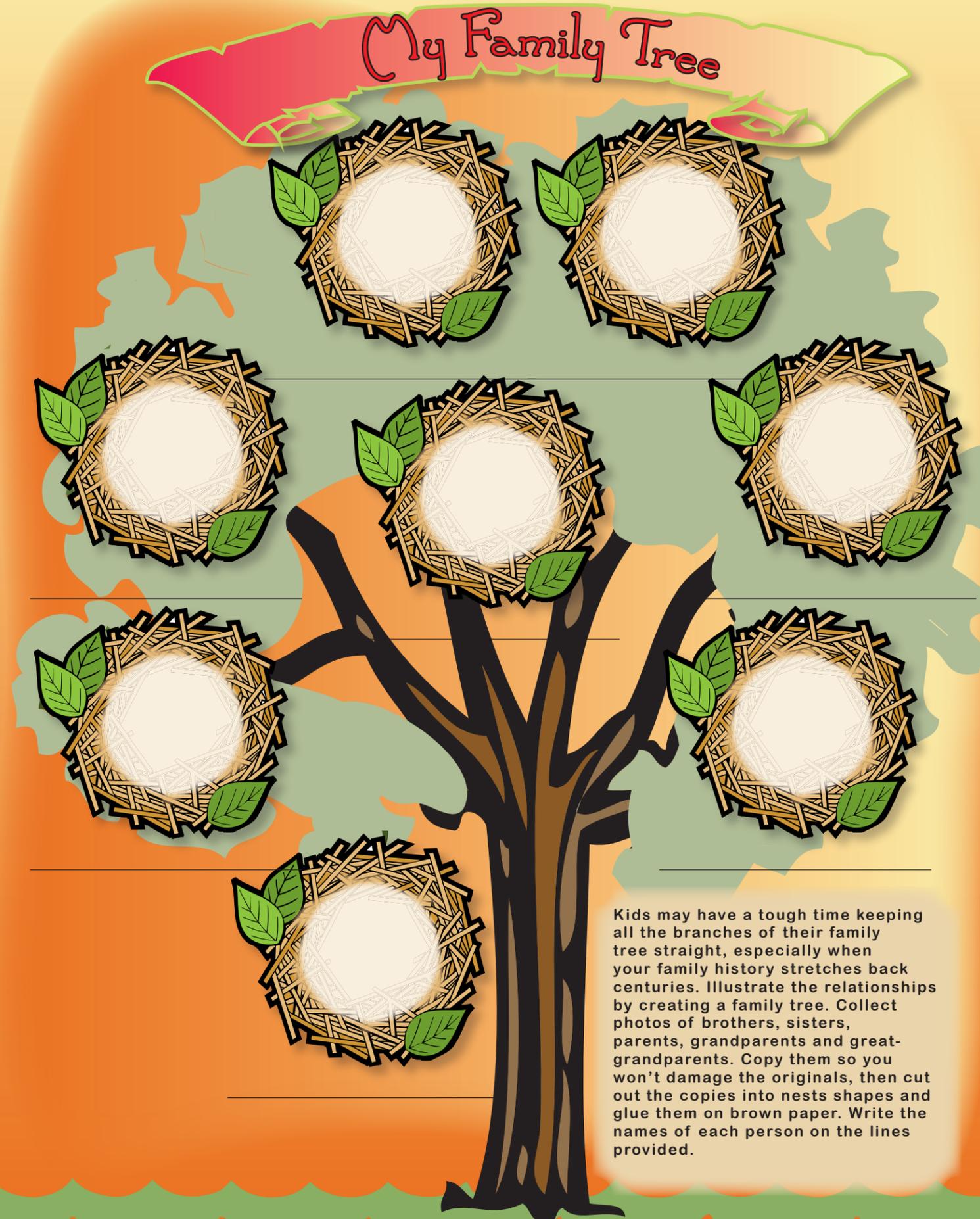
Try singing this song as you bounce him on your foot:

This is the way the baby rides: trit-trot, trit-trot (slow bounces)

And this is the way the horses ride: gallop, gallop, gallop (fast bounces)

And this is the way the bears ride: galump, galump, galump (erratic bounces)

And off he goes boom! (Tip your baby over to the side, as though he’s fallen off the bear.)



Kids may have a tough time keeping all the branches of their family tree straight, especially when your family history stretches back centuries. Illustrate the relationships by creating a family tree. Collect photos of brothers, sisters, parents, grandparents and great-grandparents. Copy them so you won't damage the originals, then cut out the copies into nests shapes and glue them on brown paper. Write the names of each person on the lines provided.

Around 9-10 months

Baby Talk

Imitate your baby by repeating the sounds he makes. The sounds that are most likely to occur at this stage are: la, ba, be, ah, da, ha, he, ma, ka, pa. These sounds may differ if you speak your native language.

Most babies love to communicate and will find a special joy in having you listen to and repeat what he has to “say.” Switch roles and say a simple word, such as “water.” Give him a chance and see if he will repeat the word, which may sound like “wawa.” Say, “Great!” and hug him. Do not worry if what your child says is not a true word. Eventually he will be able to say real words.

Feely Box

Help your baby discover different textures by offering a box of “feely” objects. Try to include rough and smooth, hard and soft materials in your box. A good starting collection might include a piece of fabric or leather, a playing card, a sponge, a feather, a block, and a medium size rock. As he empties and fills his feely box, he learns different textures. Remember to name the different textures that he is experiencing. Supervise him at all times so he does not put the objects in his mouth. Say the word (eg. soft) to describe the textures.



You Got Me!

Your baby will love this active game. Bring yourself down to your baby’s level on the floor. Say to him “Come and get me,” and when he does, say, “Ooh--you got me! Let’s do it again.” Partially hide behind a piece of furniture so your baby has to crawl to get you. Another variation of this game is to play when another person is there. Send him to get that person. Then, as he is watching, hide behind a piece of furniture, such as a chair, and call to him. See if he can find you.



Mirror Peek-a-Boo

Place a mirror in front of your child and talk about your child’s image reflected in the mirror. Place a cloth over the mirror and say “Where is (child’s name)”. Remove the cloth and say, “There he is!” Repeat this game a few times and encourage your child to remove the cloth on his own.

Someday

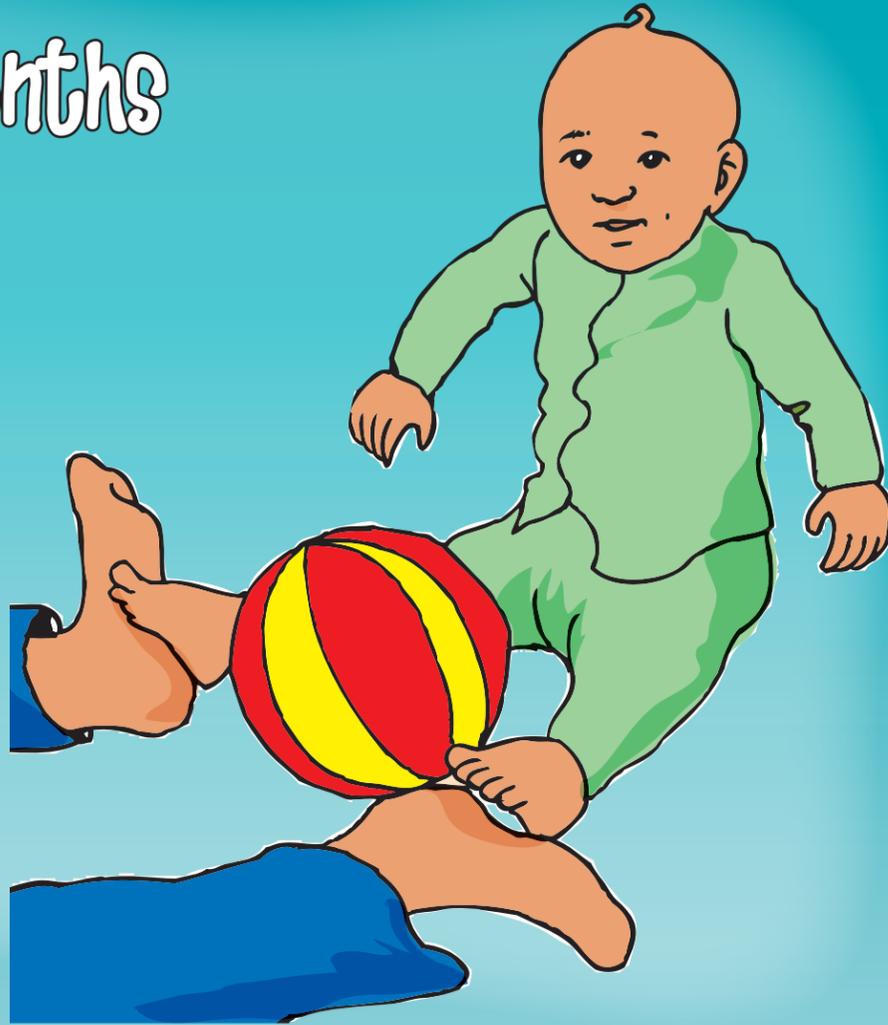
Someday I’ll jump through puddles, take a stroll or run a race.
Someday I’ll walk across the street, or maybe walk in space.
Someday I’ll climb a mountain, or explore the ocean floor.
Someday these feet will do things that only heaven knows.
But for today they’re happy just to wiggle all their toes.

Trace your child’s footprints above.

Around 10-11 months

Having a Ball

For this activity, you will need to get down on the floor with your baby. Roll a ball to him and encourage him to roll it back. Show him how to crawl to get things by rolling the ball away from, to the left, and then to the right of him. Say, "Look at the ball. Get the ball." Your baby will try to get the ball by crawling after it.



Crumpling Paper

Using an old newspaper or magazine (keep good ones out of reach), take your baby's hand; rub it across the paper and say, "Smooth." Then crumple the paper, saying, "Listen." Let your baby crumple some paper. Show him how to tear pieces of the paper into shreds. Your baby needs supervision when playing with paper, as he may also want to find out what the paper tastes like.

Where Did it Go?

Babies love the surprise in playing hide and seek. He is too little to hide on his own, or to look for you, but you can practice with a toy. While your baby is watching, hide a favorite toy somewhere your baby can easily find it, such as under a pillow or a blanket. Say, "Where did your ball/car/etc. go? Can you find it?" Watch his excitement as he lifts up the pillow or blanket and finds his toy.

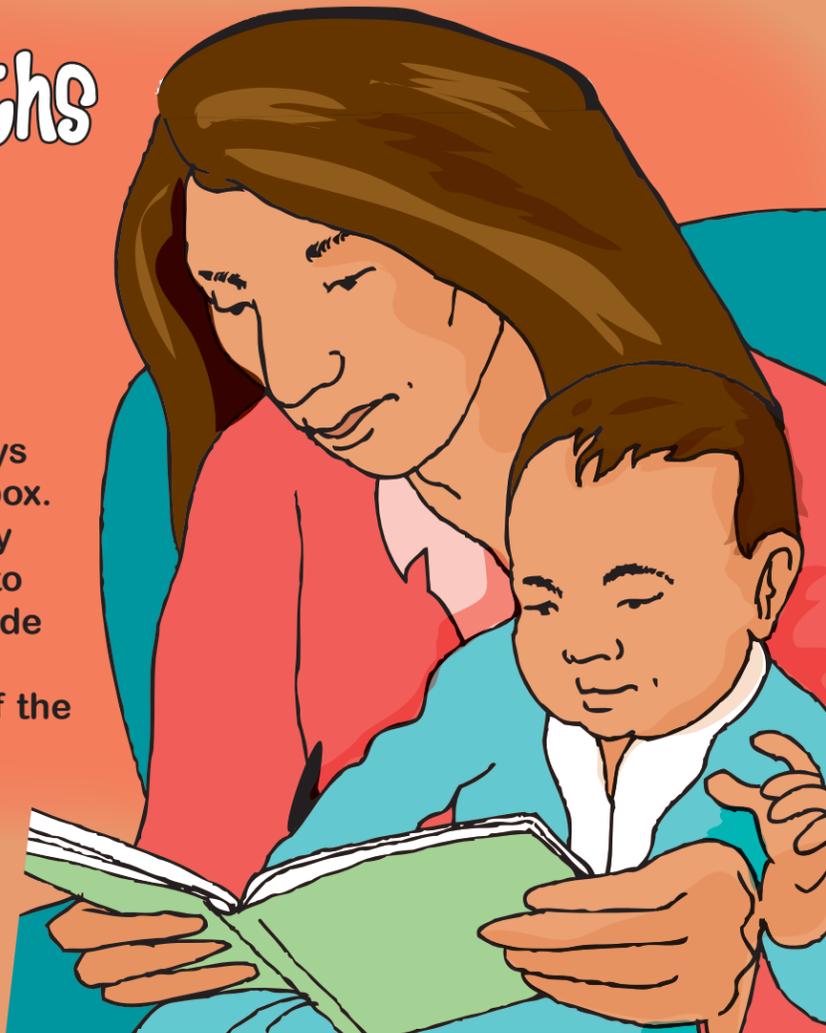
My Favorite



Around 11-12 months

In the Box, Out of the Box

Take one of your baby's favorite toys and place it inside a paper bag or box. Encourage him to remove the toy by himself. In doing so, he will begin to have a better understanding of inside and outside. Try hiding it under or behind things. Name the location of the toy (eg. "inside" "behind" etc.)



Sock Puppet Play

Old socks are great for making puppets. Your baby can play with very simple hand puppets. Draw a funny face on an old sock with non-toxic markers and put it on your baby's hand. Make a puppet for yourself as well. Have your puppet carry on a conversation with his puppet.

Learning to Love Books

Looking at books together is another great way to play with your baby. Cuddle up together when your baby is ready for some "quiet time." At this age, he will not sit through the reading of the story. Therefore, use colorful books with simple pictures that you can point to and talk about. Reading should begin at the latest at 6 months and preferably started at 2 to 3 months, making sure that the baby can see the parent's face behind the book.

A year of memories...

Weight & height: _____

Friends: _____

Family outings and vacations: _____

FAVORITE

Activities: _____

Books: _____

Foods: _____

Toys: _____

Things to do: _____

Other things to remember: _____

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