



At-Home Activities for Children Ages 0-2 Years

 <p>“Let’s Talk” Language & Communication Activities</p>	<p>Talk with your child about things you like. Ask them about things they like</p> <p>Ex. “I like peaches they are sweet. What types of fruit do you like?”</p>	<p>Spark your toddler’s interest in the alphabet by talking and pointing to letters while you share a cozy reading session!</p>	<p>Name and describe objects and pictures in your home and neighborhood.</p> <p>Use short phrases when talking, such as “Look at that black dog” “I’m pouring the juice in a cup for you.”</p>	<p>Repeat what your child says to show that you understand. Add on to what she says.</p> <p>Use words like, “Want juice? I have juice. I have apple juice. Do you want apple juice?”</p>	<p>Sing nursery rhymes to your child.</p> <p>One, two sky so blue, Three, four the birds want more. Five, six watch clouds drift. Seven, eight the moon is late.</p>
 <p>“Body Works” Physical Development Activities</p>	<p>Lay on your back with your child next to you. Put your feet and your hands in the air. Say what you are doing.</p> <p>Infants: Lay your infant on their back and lift their feet then their hands. Say what you are doing</p>	<p>Use your child’s hand to turn the pages of a book.</p> <p>Encourage them to turn pages without help –</p> <p>Use cardboard books when available – the pages are thick.</p>	<p>Pretend to be an airplane by putting both your arms out and walking/running around.</p> <p>Infant: Lay your infant on their back and stretch both their arms out moving them up and down.</p>	<p>Scribbles on paper, making circular scribbles and lines. Describe what they are doing.</p> <p>Infant: Rub your child’s finger on your face, circular motions on your eyes and lines on your nose.</p>	<p>Place objects on the floor/table in front of you and your child. Pick up an object. Ask your child to pick up one. Take turns until all objects are picked up.</p> <p>Infant: Place your child on his/her stomach with toys in front of them to reach for.</p>
 <p>“Friends & Feelings” Social & Emotional Development Activities</p>	<p>Sit in front of your child so he/she can see your face</p> <p>Sing “If you’re Happy and You Know It”.</p>	<p>Create a daily routine by completing the same activities everyday with your child.</p> <p>Eat, get dressed, share activities, sleep, go outside and have a snack at the same time everyday.</p>	<p>Tell you child three things you love about them.</p> <p>Ex. I love your smile. Ask them about things they love</p>	<p>Move, dance and laugh to music.</p>	<p>As you are reading a story point out the characters faces and talk about what they are feeling.</p> <p>If there is a picture of a happy baby, point to the smile and label the emotion.</p> <p>Smile at your little one and see if you can get a smile back.</p> <p>For a toddler you can make say “I wonder what makes that baby happy?”</p>
 <p>“Brain Works” Cognitive Development Activities</p>	<p>Tear paper into strips with your child.</p> <p>Count as you tear the paper.</p> <p>Infant: Put paper in your child’s hand and describe how it feels. Ex. Flat, thin and dry.</p>	<p>Sing “This Little Piggy” with your child touching and counting their toes as you sing.</p> <p>This little piggy went to the market, This little piggy stayed home, This little piggy had roast beef, This little piggy had none, And this little piggy cried wee wee all the way home</p>	<p>Expression or movement, such as a smile, to show pleasure, or bounces to the beat of a song.</p>	<p>Point to and name your child’s body parts. Encourage toddlers to name them. Watch and wait as they are attempting to say the words and make connections.</p>	<p>Jump up and down with your child while holding both hands.</p> <p>Count while jumping.</p>