







## At-Home Activities for Children Ages 0 – 2 Years

 <p><b>“Let’s Talk” Language &amp; Communication Activities</b></p>	<p>Read your child’s favorite story.</p>	<p>Place pictures on the walls near the changing table for your child to look at while you are changing their diaper. Use pictures of your family. Ask, “Who do you see?” Name the person in the picture. Repeat activity with pictures of animals, foods and toys.</p>	<p>Talk softly and gently to your baby as you hold him/her.</p> <p>Sing to your baby while rocking them gently in your arms.</p>	<p>Make every moment a talking moment- while cooking or completing chores around the house.</p> <p>Give your toddler an unused toy or phon. Pretend to call your child on the phone and have a conversation.</p>	<p>Count along with Elmo and Bob as they read “Goodnight, Numbers” by Danica McKellar!</p> <p>Watch YouTube video : <a href="https://youtu.be/kMv_DXOicT4">https://youtu.be/kMv_DXOicT4</a></p>
 <p><b>“Body Works” Physical Development Activities</b></p>	<p>Sit with your baby facing you on your lap. Take one hand and move it around in a circular motion. Repeat with the other hand. As you move their hands in a circle, say, “circle” . Now move bot hands at the same time.</p>	<p>Race your child in the yard.</p>	<p>Get on the floor with your baby and crawl around. See if you can persuade them to crawl with you.</p> <p>Pretend to be a dog or a cat, say “woof, woof” or “meow”</p>	<p>Fill a laundry basket with toys and put it on the floor. Encourage your baby to take a toy out of the basket and then put it back. - When the baby takes a toy out of the basket, name the toy. Encourage toddlers to describe the toy.</p>	<p>Put your baby on her tummy on beach ball. Hold the baby firmly, roll the ball back and forth. Always hold onto your baby while on top of the ball. <b>Say - Roll the ball, roll the ball, back and forth, back and forth, Roll the ball, roll the ball, one, two, woo hooo!</b></p>
 <p><b>“Friends &amp; Feelings” Social &amp; Emotional Development Activities</b></p>	<p>Holding, cuddling and hugging your child is a great stress reliever for adults and allows your child to feel safe and secure in your arms, and you are silently communicating trust.</p>	<p>Take a moment with your child and notice five things you can see, hear or feel in your environment. You may say “I can hear the cars driving by, I hear the birds outside. I see the TV, I feel the air on my face.”</p>	<p>Watch “Bye Bye For Now” - To help build resilience in children.</p> <p>Watch YouTube video <a href="https://www.youtube.com/watch?v=ajqKAKTwxQI">https://www.youtube.com/watch?v=ajqKAKTwxQI</a></p> <p>Discuss saying good bye with children</p>	<p>Watch Make Everyday Moments Talking Moments. Smile &amp; Move with Your Child.</p> <p><a href="https://youtu.be/G9QwYJew8X8">https://youtu.be/G9QwYJew8X8</a></p>	<p>Draw a rainbow with your toddler. Let them know that you will hang it in the window to show your neighbors that you are thinking of them and that we would work together to get rid of coronavirus together</p>
 <p><b>“Brain Works” Cognitive Development Activities</b></p>	<p>Fill a bucket or large pan with water. Give your child a washcloth or small sponge, plastic dinnerware, old silverware. Have your child “wash” the items. These are practical life skills.</p>	<p>Close your hand with a small toy inside. - Open your hand to show the toy. Close your hand again. - Ask your baby, “Where’s the (object)? Open your hand again to show the object. Soon your baby will grab your hand to try to reach the object.</p>	<p>Show your child how to put a lid on a pot. - After your child is successful putting on the lid, add a second lid of a different size. - See if your child can figure out which lid to put on the pot. Put small toys or food inside of the pot. When your baby takes off the lid, they will find a surprise.</p>	<p>Use construction paper to draw and cut out shapes- circle, triangle, square, rectangle, and oval. Place the circle in front of your toddler and say the names of the shapes. Hold up a circle and say, “this is a circle”. Repeat with the other shapes. Now ask children to find the shape you say.</p>	<p>Watch Goodnight Numbers Read Along Series</p> <p><a href="https://youtu.be/kMv_DXOicT4">https://youtu.be/kMv_DXOicT4</a></p> <p>Pause the video and count the objects with your child. Touching each object as you count</p>