



THIS MONTH'S THEME **Birds & Eggs**

Explore the feathered world of *Birds & Eggs* through cheerful songs and playful sensory experiences. Your little one will feel soft textures, hear calming sounds, watch bright colors move and discover the world using all of their senses. These simple, joyful moments help your baby grow and learn while feeling safe, connected and cared for.

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.

Cover

Does your child use facial expressions, gestures or sounds to show a range of emotions?

Young Infant

Make a facial expression and name the emotion. Watch how your baby responds and see if they smile or move to show they want to play again.

Older Infant

Cover your face with a scarf, pull it down with a "tweet, tweet" and invite your child to play peek-a-boo. Use happy or silly faces and pause to see if your child responds or wants to keep playing.

Young Toddler

Sit with your child, cover your face with a scarf and wait for them to pull it off. Each time, show and name a new feeling and invite them to try copying your expression.

Does your child use facial expressions, sounds or movement to show their feelings?

Young Infant

Place your child on a blanket for tummy time and gently move the blanket at different speeds. Watch their reactions and name the feelings you see, like "You're smiling! You like the bouncy air!"

Older Infant

Give your child an edge of the blanket to hold while you hold the other side. Raise and lower your side, watch their reactions and name their feelings, such as "You're laughing. This is fun!"

Young Toddler

Place the blanket on the floor and invite your child to play. Follow their lead and talk about how it feels when the blanket moves, encouraging them to show their feelings with facial expressions and gestures.

Does your child start to group toys or objects that seem alike in their own way?

Young Infant

While your child is on their tummy, gently touch a soft feather or fabric to their cheek. Move the feather to different body parts and make expressive faces, pausing to see how they react.

Older Infant

Hold a feather or other soft object under a clear bowl and make "tweet" sounds. Invite your child to peek underneath. Lift the bowl to reveal the feather and watch how they respond.

Young Toddler

Set out three clear bowls, hide a feather or fabric piece under one and invite your child to find the "lost bird." As they look, use different expressions and say, "Is it here? You found the bird!" Observe their reaction.

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: Talk About Real Life

Talking about real life helps your baby connect stories to their own world, building understanding, language and curiosity.

How:

- **Point to Something Real:** When you see an object in the book, say things like "You have a blanket like that!" to help your baby make connections.
- **Describe Daily Moments:** Talk about familiar routines by saying, "We eat apples too," so your baby links the story to everyday life.
- **Connect to Experiences:** Say things like, "Remember when we saw a dog at the park?" to help your baby relate the book to their own experiences.

Tip of the Month: Follow Their Gaze:

Talk about what interests them and build early language.

BOOKS & NURSERY RHYMES



Hello World! Birds
by Jill MacDonald



Egg
by Amy Sky Koster

ONCE I SAW A LITTLE BIRD

Once I saw a little bird
Go hop, hop, hop.
So I said, "Little bird,
Will you stop, stop, stop?"
I was going to the window
To say, "How do you do?"
But he shook his little tail,
And away he flew.

Reminders and Upcoming Information

