



## THIS MONTH'S THEME

# Me & My Family

Get ready for giggles and good times as we explore the people who make up your child's world—Me & My Family! Through playful activities, colorful books and engaging songs, babies will explore bonds that tie them to parents, siblings and other loved ones. These moments of connection will nurture a sense of security and encourage early language development, social skills and emotional growth. Get ready for a month of learning, laughter and love as your baby discovers the joy of family!

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



## 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:** Keep books within reach so your child can independently choose a book and explore it.

### How:

- Make books easy for your child to reach by placing them on low shelves or in open bins.
- Create a cozy space where you and your child can enjoy books together.
- Place books in play areas your child already loves, so reading becomes part of the fun.

**Tip of the Month:** Don't worry about following the text exactly. Stop once in a while and make comments or ask questions about the pictures and text.

## 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.

### Look & Listen

**Does the child explore books by opening, closing and turning pages? Do they look at pictures, point to them or notice if they're upside down?**

#### Young Infant

Cuddle up with your little one and look through the book together. Make fun animal sounds or movements. Let them hold and explore the book. Read with excitement, point to and label pictures.

#### Older Infant

Place the book in front of the child and invite them to hold it. Encourage them to turn the pages while you read. Ask, "Which pet do you like?"

#### Young Toddler

Place the book in front of the child and let them hold it. As you read together, encourage them to turn the pages. Ask, "Do we have a pet?" or "What kind of pet would you like?"

**Does the child explore body parts, like eyes or nose? Do they point to them?**

#### Young Infant

Lay your child on their tummy in front of a mirror and sit beside them. Gently say their name and see if they look at you. Play a song and explore body parts together in the mirror – like eyes and nose!

#### Older Infant

Sit on the floor with the child near a mirror. Play a song and invite them to sit or stand and look at their reflection. Point and name body parts, like eyes and nose.

#### Young Toddler

Play a song and act out the lyrics with the child. Encourage them to look in the mirror and point to parts of their face (like eyes, nose or mouth) as you go!

**Does your child explore their surroundings using their senses? Do they play with natural things like leaves or plants and react to them?**

#### Young Infant

Go on a nature walk with your child and explore together. Talk about what you see, like trees, leaves or flowers. Collect a few nature treasures in a container. Show and talk about what you found.

#### Older Infant

Take a walk with your child and pause when they show interest, like reaching for a leaf or watching a bug. Collect a few nature items in a container and let them explore by touching, holding and looking at them.

#### Young Toddler

Take a nature walk with your child and gather things they show interest in, like leaves or sticks. Encourage them to explore by touching and looking at each one. Ask questions like, "What do you see?" or "How does it feel?"

## BOOKS & NURSERY RHYMES



**Baby's Feelings:  
A First Book of  
Emotions**  
by Little Hippo Books



**Pets**  
by Experience Early  
Learning Co.



**Tummy Time  
Friends**  
by Pat Brisson

### PAT-A-CAKE

Pat-a-cake, pat-a-cake,  
Baker's man,  
Bake me a cake  
As fast as you can.  
Roll it and pat it  
And mark it with a "B"  
And put it in the oven for Baby and me!