

THIS MONTH'S THEME **My Body**

This month, your baby will explore *My Body* through songs, movement and everyday play. From wiggly toes to clapping hands, your baby will begin discovering all the amazing things their body can do. As you play, move and connect together, they will build body awareness, confidence and early communication skills along the way.

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: Play with Sound

Playing with sounds and movement together helps your baby listen, respond and discover new ways to use their body and voice.

How:

- **Sing Together:** Sing simple songs during playtime, diaper changes or while getting dressed.
- **Make Everyday Sounds:** Tap spoons, shake containers or crinkle paper together and talk about the sounds you hear.
- **Listen & Respond:** Pause after making a sound and wait to see how your baby responds with a look, movement or sound.

Tip of the Month: Follow the Child's

Lead: Notice what captures your baby's attention and join in their play. Following their interests helps build connection, confidence and joyful moments of learning together.

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.



Grab & Squeeze

Does your baby enjoy moving, watching others and playing with others nearby?

Young Infant

Spread a sheet on the floor and sit close to your baby. Gently move the sheet up and down and say a rhyme, such as "Up so high, down so low, wave the blanket, to and fro!" Watch how your baby responds to the movement.

Older Infant

Sit with your child near a sheet or blanket. Move it up and down together while saying a rhyme, such as "Up so high, down so low, wave the blanket, to and fro!" Encourage your child to touch or shake the blanket.

Young Toddler

Spread a blanket on the floor and move it together while saying a rhyme, such as "Up so high, down so low, wave the blanket, to and fro!" Pause before the last word and let your child fill it in. Repeat several times for fun.

Does your baby use movement and repeated actions to explore and solve problems?

Young Infant

Hang scarves, towels or ribbons from a table or couch. Gently move them to the beat of music while your baby watches and reaches toward them.

Older Infant

Hang scarves or towels in a doorway or along a table. Play music and encourage your child to tap, shake or crawl through them while moving to the beat.

Young Toddler

Hang scarves or towels in a doorway and play music with a steady beat. Encourage your child to move through them. Tie a small stuffed animal to one scarf and make it swing to the rhythm.

Does your baby use their senses to explore and look for objects in their environment?

Young Infant

While outside, show your baby one leaf, flower or stick. Move it slowly and talk about how it looks and feels. Hide it briefly and ask, "Where did it go?" Then bring it back and say, "Here it is!"

Older Infant

While outside, show your child one nature item, such as a leaf or stick. Hide it behind your back or under your hand and encourage them to look for it. Bring it back out and count, "One leaf!"

Young Toddler

While outside, collect one or two nature items, such as leaves or sticks. Hold up one item, then two, and ask, "How many do you see?" Encourage your child to explore, compare and count the items as they play.

BOOKS & NURSERY RHYMES



Eyes, Nose, Belly, Toes

by Krupa Bhojani
Playforth, MD

Toes, Ears, & Nose!

by Marion Dane Bauer

IF YOU'RE HAPPY AND YOU KNOW IT

If you're happy and you know it,
clap your hands!
If you're happy and you know it,
clap your hands!
If you're happy and you know it,
and you really want to show it,
If you're happy and you know it,
clap your hands!

Reminders and Upcoming Information

