



What Will My Child Learn?

MONDAY

Infant Activity

Sing when you're counting your baby's fingers and toes. Use a rhyme like "Five little kittens jumping on the bed." When you're counting, use your five fingers to show the five Kittens. Hide a finger each time a kitten falls off the bed.

Toddler Activity

Play your favorite instrumental music and take turns acting out what the music sounds like to you and your toddler: You can even do this with a drum! Maybe you'll dance like fairies, stalk like lions or float like clouds. Children of all ages benefit from moving to the rhythm of music.

- Babies build body-spatial awareness.
- Toddlers gain locomotor skills.
- Preschoolers develop coordination.

Preschool Activity

Freeze Dance: It's as simple as it sounds. Blast some of your child's beloved tunes and dance to your heart's content. Then, when they least expect it, yell "freeze!" and stop the music.

See what funny positions you both wind up in. How long can you hold them?