

Sports

The biggest benefit of this theme of the week, will be strength their fine and gross motor skills, especially doing activities such as yoga. We will help them improve both focus and concentration.

Physical activity is vital to your child's health, growth and development. And it can start very early in life as part of your child's everyday play.



Home activities to do with your baby

Week 39: May 25 – May 29



Read!

Read a book or tell a story to your baby every day – in whatever language you feel most comfortable.

Point to the book's pictures: "Look, the train goes choo-choo!" Using words to describe what you see builds language.

Sing!

Hold your baby close during bedtime and sing a favorite song over and over. Singing the same song can help your baby feel calm and safe.

Sing silly songs about your day to help get your baby's attention during diaper changing.



PLAY SONG



Talk!

Your touch and voice helps your baby learn. Listen to the fun sounds your baby makes and repeat them. When they coo, coo back. Hold their hand gently and when they smile, smile back. Your loving touch combined with this back-and-forth "baby language" are the first steps in talking.

Make a craft!

Footprint sport craft.

Here's a cute idea to make for the theme of the week "Sports"



Here's what you need:

- Washable paint
- Black Sharpie
- Paper



Paint!



Here's what you need:

- Sensory balls
- Washable tempera paint
- White paper
- Trays
- Cardboard box lids

Directions:

- > Pour some paint onto a tray.
- > Add the sensory balls to the tray and roll them around a bit in the paint.
- > Place paper in the box lid and dip the nubby balls into the paint.

Get started!

It takes great concentration and hand-eye coordination to keep the ball moving back and forth, but once the children master this skill, they often want to do it over and over.

Practice yoga!

For babies, there are no strict time parameters for practicing yoga; even 3 to 5 minutes a day doing some basic yoga poses will go a long way toward establishing a routine of healthy physical activity.

- > Start by lying on your back. Lift your feet off the floor, bend your knees to about 90 degrees and position them over your hips so your shins are parallel to the floor. Lift your baby up and put him onto your shins. Bounce your legs up and down gently to give baby a chance to feel like he's flying.

