

# INFANT

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Week

# 29

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Smart Activities

## Baby Pumpkin Yoga Pose

**Materials:** optional: yoga mat

**Instructions:**

1. Do this when your baby can hold up his or her head.
2. Lie on your back with knees bent and shins parallel to the floor.
3. Hold baby facing you against your shins.
4. Curl your upper body off the floor while holding on to your baby.



Image: <http://www.bubblesacademy.com/mommy-and-me-yoga-poses/>

## Autumn Babies

by Kathryn O. Gailbraith

**Materials:** internet access, website:

[https://youtu.be/XY\\_oxBlc\\_yc](https://youtu.be/XY_oxBlc_yc)

**Preparation:** Preview video.

**Instructions:**

1. Read the book for your baby.
2. Talk about the sequence of events in the story.
3. Point out the toddlers on each page and describe what they are doing.
4. Use the vocabulary from the book.



## These Are Your Ears

**Preparation:** Lay baby in a comfortable position.

**Instructions:**

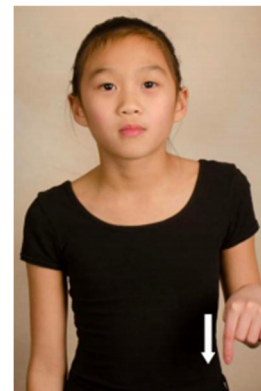
1. Softly touch the edges of your baby's ears while talking or singing.
2. Watch for baby's reaction and comment on how he/she notices your touch.
3. Gently blow on baby's ears. Encourage your baby to touch his/her ears. Talk about what you hear.



## Sign Language: Down

**Instructions:**

1. Point the index finger down with the palm facing in and move it down slightly as you point downward.
2. Use the sign as you use the word "down" in conversation with your baby throughout the week.



## Pumpkin, Pumpkin

**Preparation:** Sit baby on lap facing you.

**Instructions:**

Say the rhyme with the actions:

Pumpkin, pumpkin,  
Sitting on the wall, (Clap baby's hands to beat)  
Pumpkin, pumpkin,  
You better not fall! (Gently rock side-to-side)  
Pumpkin, pumpkin,  
Rolling down the street, (Roll baby's hands)  
Pumpkin, pumpkin,  
Your smile is so sweet! (Tickle baby and smile)



## Mixing Orange

**Materials:** yellow and red finger paint, white paper, tape

**Preparation:** Gather materials before engaging baby. Tape paper to the table to prevent moving.

**Instructions:**

1. Put a small amount of red and yellow paint on the paper.
2. Let your baby explore the paint and mix the two colors to create the color orange.
3. Talk about what you are doing and describe what happens to build language skills.



## One Ear at A Time

**Materials:** soft music

**Preparation:** Spending time each day playfully exploring sound builds auditory skills.

**Instructions:**

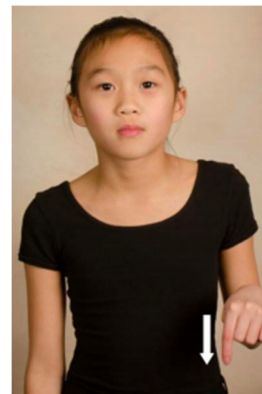
1. Gently prop baby on side to partially muffle one ear.
2. Keep one hand on baby at all times to keep him/her from rolling over.
3. Play music, sing, and talk to your baby.
4. Repeat on other side.



## Sign Language: Down

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2. Use the sign as you use the word "down" in conversation with your baby throughout the week.



## Family Autumn Leaves Mobile

**Materials:** inexpensive photo clip mobile or hanger with different lengths of string, photos of family members, tape

**Preparation:** Gather materials.

**Instructions:**

1. Tape individual leaves and photos to string and tie onto the hanger.
2. Hang the mobile where baby can see it easily.
3. Talk about the family and how baby fits in: "This is your brother, Noah."
4. Talk about the leaves and their colors.



## DIY Scented Rattle

**Materials:** empty travel bottle, whole spices (not ground): whole cloves, cinnamon stick, whole allspice, dried beans

**Preparation:** Make sure none of the pieces can fit through the opening in the lid.

**Instructions:**

1. Add a few pieces of whole spices and beans to the bottle and make sure lid is secure.
2. Open cap to release the scent and let your baby play and explore.



## Smooth Pumpkin

**Materials:** a small pumpkin or gourd

**Preparation:** Wash the outside of the pumpkin to remove any dirt or dust.

**Instructions:**

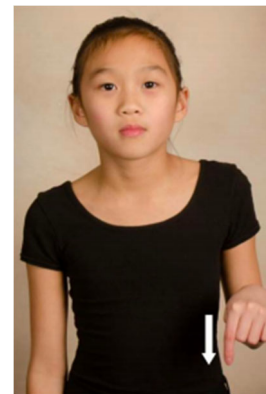
1. Let your baby explore the outside surface of the pumpkin.
2. Talk about the qualities of the pumpkin and describe the textures.
3. Talking with your baby frequently promotes language development.



## Sign Language: Down

**Instructions:**

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2. Use the sign as you use the word "down" in conversation with your baby throughout the week.



## Outside Exploration

**Materials:** optional: blanket

**Instructions:**

Bring your baby outside and talk about the weather, look for clouds, listen for birds or vehicles, and describe colors.



## Jazz Lullabies

**Materials:** internet access, website:

<https://safeshare.tv/x/sLIIdpaQGKi4#>

**Preparation:** Preview the link.

**Instructions:**

Enjoy this lullaby music together while eating, dancing, or playing!



## Squish, Squish Pumpkin

**Materials:** small pumpkin, shallow dish

**Preparation:** This activity must be closely supervised.

**Instructions:**

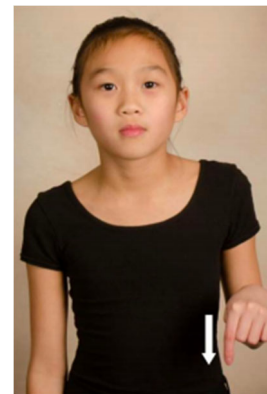
1. Scoop out some innards of the pumpkin and place in a shallow baking dish.
2. If your baby is at least 3+ months, place him/her on tummy in front of dish to touch and smell the pumpkin.
3. Watch closely to make sure your baby doesn't put any in his/her mouth.
4. Save for use again tomorrow.



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## Where is Pumpkin?

**Preparation:** Gently lie your baby on his/her back.

**Instructions:**

Sing this rhyme to the tune of "Where is Thumbkin?" while doing the motions:

Where is pumpkin? (Trace circle on baby's palm)

Where is pumpkin? (Trace circle on other palm)

Here I am. Here I am. (Clap baby's hands)

Feeling good and happy. (Trace a circle on baby's belly)

Feeling big and scary. (Trace circle on baby's feet)

Roll away. Roll away. (Roll baby's hands)



## Brain Game

**Materials:** high-contrast patterns (included - pumpkins, leaves)

**Preparation:** Lie baby on back or on belly if he/she is old enough.

**Instructions:**

1. Hold the image in front of baby's face and slowly move it from side to side.
2. Watch your baby move his/her head to follow the image.



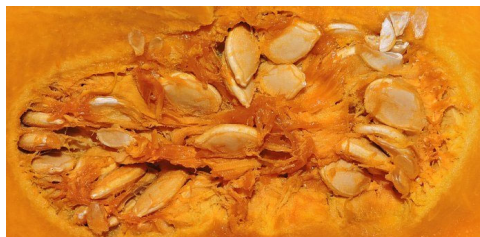
## Squish, Squish Pumpkin

**Materials:** pumpkin innards from yesterday's activity, shallow dish

**Preparation:** This activity must be closely supervised. Sensory stimulation is important for growing babies.

**Instructions:**

1. If your baby is at least 3+ months, place him/her on tummy in front of dish to touch and smell the pumpkin.
2. Watch closely to make sure your baby doesn't put any in his/her mouth.



## Sign Language: Down

**Instructions:**

1. Point the index finger down with the palm facing in and move it down slightly as you point downward.
2. Use the sign as you use the word "down" in conversation with your baby throughout the week.

