

INFANT CALENDAR

April 2024



Skills we will be working on:

Gross motor:

- Going up and down the indoor climber to practice strength and balancing (5.1)
- Infant yoga and dancing for the whole body movement, stretching and coordination (5.1)

Self-help skills:

- Continue encouraging self-feeding using spoons
- Roll up their sleeves for hand washing

Problem solving:

- Moving obstacles out of their way to reach for the toys (4.5 spatial problem solving)
- Helping with tidying up putting the toys in a properly labeled bin (4.9 sorting)
- Exploring cause and effect (4.3) toys (opening doors, pushing buttons, etc.)

Language:

- Participating in the book reading time (4.1 attention regulation; 3.2 receptive language)
- Continue working on some common sign language and words (3.3 expressive language)

Important dates:

April 1 – Easter Monday (Centre closed)

April 22 – Earth Day

Special reminder:

With the weather changing every day, please make sure your child has different types of clothing (spring and winter) - jackets, hats, rain boots, etc. to properly enjoy the outdoor time. Thank you ☺

Ideas to do at home:

Make some delicious healthy muffins! Here is a recipe for the ABC (apple, banana, carrot) muffins:

Ingredients

- 1 medium apple peeled cored and diced
- 100 g carrot 1 small-medium
- 100 g Banana (1 banana)
- 2 eggs
- 1 teaspoon vanilla essence
- 50 g melted butter or oil optional
- 160 g plain flour 1 ¼ cup
- 1.5 teaspoon baking powder

Instructions

1. Peel and grate carrot. Place apple and carrot in a pot with a little water, pop a lid on and simmer until apple soft. Usually 5-6 mins
2. In a large bowl mash banana and add eggs, vanilla, and butter/oil
3. Puree the cooked apple and carrot and then add it to the other wet ingredients
4. Beat these wet ingredients together with a hand-held beater, should become smooth, yellow and a little frothy
5. Add the flour and baking powder
6. Beat for a further 30-60 seconds to make a well-mixed batter
7. Portion into an oiled muffin tin. Mix makes 12 standard sized muffins or 30 mini muffins
8. Bake at 180 degrees Celsius for 15 mins (350 Fahrenheit) 15 min cook time is based on making mini muffins. If you are using a standard muffin tray and making 12 muffins the cook time will be longer, around 25-30 mins
9. Cool and serve.
10. ENJOY 😊

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