

# INFANT CALENDAR

March 2025



## Skills We Will Be Working On

### Gross Motor:

- Practicing tummy time and reaching for toys to strengthen core muscles.
- Walking with support or independently practicing movement.
- Practicing going up and down stairs with assistance to improve strength and coordination.

### Self-Help Skills:

- Attempting to push arms through sleeves and lift feet for dressing.
- Practicing finger-feeding and begin to use utensils.
- Bringing a hat or shoes when asked and helping with simple dressing routines.

### Problem-Solving:

- Stacking blocks or placing objects into containers to develop coordination.
- Tracking moving objects and responding to simple challenges, like retrieving a hidden toy.
- Pointing to objects in books or pictures when named, increasing memory and recognition skills.

### Language:

- Encouraging gestures, sounds, and simple words to express needs.
- Introducing sign language for basic words like more, help, and all done.
- Imitating simple words or animal sounds, building early speech skills

## IDEAS TO DO AT HOME

As we transition from winter to spring, there are still many opportunities to explore snowy textures, changing temperatures, and early spring discoveries. Sensory experiences during this time help infants develop curiosity, coordination, and problem-solving skills while also enjoying seasonal changes. Here are some engaging activities to try at home:

### *Watch the Seasons Change (Visual Exploration)*

Take your child near a window or outside and point out the differences in the environment. Talk about how the snow is melting and how the trees are starting to change. For older children, try showing pictures of winter and spring and let them point to what they see outside.

### *Shake & Listen to Spring Sounds (Auditory Exploration)*

Create a simple sound exploration by filling small containers with different materials (rice, dry leaves, or small bells) and let your child shake them. Take a walk outside and pause to listen for birds chirping, water dripping, or the crunch of snow underfoot.

### *Explore Changing Textures (Tactile Exploration)*

- **Snow vs. Water:** Let them feel snow in their hands and then watch it melt.
- **Pinecones & Leaves:** Offer natural textures for touching and exploring.
- **Soft vs. Rough Fabrics:** Use scarves, soft blankets, and wool mittens for contrast.

## Upcoming Important dates:

**March 9th:** Daylight Savings (clocks spring forward one hour)

**March 12th:** "Get Low Dance" Entertainer @ 9:30

**March 17th:** St. Patrick's Day

**March 20th:** First Day of Spring

**March 30th or 31st:** Eid al-Fitr (depending on the moon sighting)

## \*Friendly Reminder\*

As the weather changes this month, please continue dressing your children appropriately to stay comfortable and safe, and to fully enjoy the outdoor experience.