

# INFANT CALENDAR

## APRIL

### Skills we will be working on:

#### Gross motor:

- Reaching for objects on the top shelf while stretching their bodies
- Practice going up and down on and off the stool or stairs
- walking without assistance

#### Self-help skills:

- Finding own shoes, jacket and hats.
- Eating with utensils

#### Cognitive:

- Cause and effect exploration: what happens when we push buttons on the toy
- Object permanence - encourage searching for toys that move out of sight

#### Language:

- Working on turn taking with simple turn taking games.
- Encourage speaking with words and gestures "More" and doing the sign language

### Upcoming Important dates:

April 3 and 6<sup>th</sup> - **Good Friday and Easter**

**Monday (Centre Closed both days)**

April 12<sup>th</sup> – Orthodox Easter

April 22<sup>nd</sup> - Earth Day

### IDEAS TO DO AT HOME

Our little Infants have been enjoying lots of Gross motor activities helping them to walk and increase their strength in physical activity during classroom time. Some activities that help develop gross motor abilities in infants are

- Standing
- Walking
- Crawling

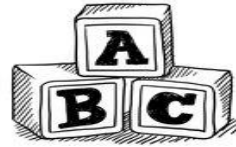
- Throwing things
- Running
- Sitting without a support
- Kicking

### Exploring on a texture mat.



Sensory experiences play a crucial role in gross motor skill development for infants. Introducing different textures to your infant can help develop their sensory skills. Take a play mat and place various toys of different textures to allow your infant to explore.

### Exploring with blocks.



shutterstock - 90592885

Blocks are a favorite for every infant because they can move them from one place to another. Build a tower with blocks a little far away from the reach of your infant and encourage them to crawl towards it. You can also keep one or two blocks closer to your baby for help and encouragement.

### Rolling a ball.



Choose a ball that your little one may enjoy playing with. Have them sit with the help of support, and you sit across them. Now roll the ball towards them and let them try to get a hold of it. Do this a few times, and then let them do the same and roll the ball towards you and explore the motion of pushing a ball forward. You can also do this activity with the help of an exercise ball.

Most of all, have fun with it and praise for all efforts!