

Adaycare.com

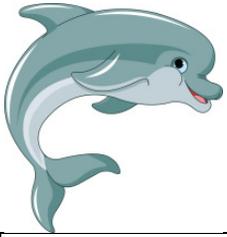
Infant 1 to 4 Months



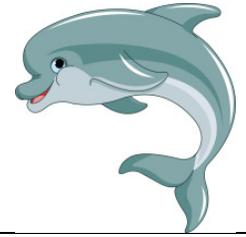
July Curriculum Sample
Week 3, Day 2

View on the next few pages

www adaycare.com



Infants R Learning
Fun Time Activity
Weekly Schedule
Ages 1 - 4 Months
Ocean Animals - Week 3



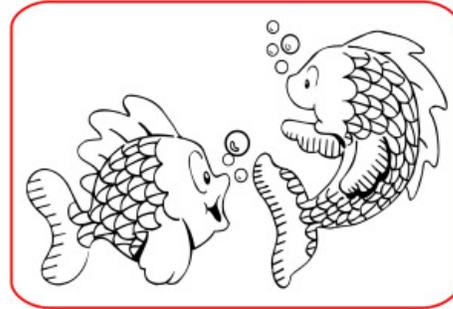
	Monday	Tuesday	Wednesday	Thursday	Friday
Song/ Finger Rhyme	The Dolphins Go Up And Down	I'm A Little Fish	Here We Go Zoomy Zoom	The Crabs In The Ocean	Did You Ever See A Turtle?
Language Development	Row Your Boat	The Fish In The Water	Did You Ever See An Octopus?	The Crab Sways	10 Little Turtles
Exercise/ Stimulation	I'm In The Ocean Today!	Fish, Fish, Fish	Clap Little Baby	Open, Shut Them	One, Two, I See Turtles Yahoo
Massage	Lightly Squeezing Legs Massage	Rolling Legs Massage	Arm Massage	Finger Massage	Forehead
Play Time	Baby Likes Splashing	Row, Row, Row Your Boat	Up And Down	Jingle, Jingle	Hands
Fun Activity	Up Goes The Dolphin	Where Is Fishy?	Time To Fly	Hokey Pokey	Baby Turtle Dooby Doo
Story Time/ Rhyme Time	One, Two On The Ocean Blue	If You Like To Swim	If You Like To Fly	Hickory, Dickory, Gus	There Was A Little Turtle

Copyright @ www.adaycare.com this is a free sample of our infant lessons plans for babies 1 to 4 months.

Infants R Learning – Fun Time Activity Curriculum

Day 2

Picture: Fish



Print out the picture of **the fish**. Print out the picture and laminate it or cover it with clear contact paper and then hold it up for baby to view, hold the small picture about 10 - 12 inches from baby's eyes or print out the larger picture and tape it to the wall for baby to be able to view it.

Black & White Pictures

The pictures for babies in the 1 – 4 month age group are mainly black and white, scientist believe that baby's in this age group see black and white patterns the best. Pictures should be about 10 - 12 inches from babies face for him to be able to focus on it. You may want to laminate the picture to make it more durable or you can print it out on cardstock paper and cover it with clear contact paper or use a plastic sheet protector. After you print out the picture, you can either hold it up for baby to look at, or hang it where baby can see it.

Large & Small Picture:

There are two files of the same picture that you can print out. There is a large picture to tape on the wall or a smaller picture that you can hold to show to baby. If you decide to print out the larger picture make sure when you tape it to the wall you put it in a location where baby can see it. If you decide to print out the smaller picture you may want to hold it about 10 to 12 inches from baby's eyes so he can focus on the picture.

Copyright @ www.adaycare.com this is a free sample of our infant lessons plans for babies 1 to 4 months. We also have older infants, toddler & preschool curriculums.

As you show the picture to baby, talk about the picture, tell baby about the picture. Talking to baby is a good way to make a bond with baby, and help baby feel calm and secure, plus babies enjoy listening to people talk to them and it actually helps to stimulate their brains.

Below are a few suggestions on things to talk about with baby about the picture, and then continue talking to baby about the picture, using your own words.

Show baby today's picture or hold up a toy fish or stuffed animal fish that is baby safe, talk to baby about today's learning picture saying something like:

This is a picture of two fish. (Hold up fish print out)
Let's count the fish...one...two
These fish like to swim.



This is a toy fish. (Hold up the toy fish)

Continue talking to baby about the picture, using your own words or recite the rhyme below.

There were two little fish swimming in the sea
One named Lucy and the other named Lee.
Swim away Lucy, swim away Lee.
Swim back Lucy, swim back Lee!

Directions: Using a soft toy fish gently move it on baby's arms or pretend your hands are fish and gently move them like they are swimming on each of baby's fingers. Lightly wiggle your hands on each of baby's arms, starting at his hands and slowly wiggling fingers up to baby's shoulders.

Repeat a few times or until baby loses interest.

Talking to baby is a good way to make a bond with baby, and help baby feel calm and secure, plus babies enjoy listening to people talk to them and it actually helps to stimulate their brains.

Copyright @ www adaycare.com this is a free sample of our infant lessons plans for babies 1 to 4 months. We also have older infants, toddler & preschool curriculums.

Songs/Finger Rhymes: I'm A Little Fish

I'm a little fishy watch me swim.
I can go slow with my fins.

I'm a little fishy watch me swim.
I can go fast with my fins.

I'm a little fishy watch me play
Splishing and splashing in the water today!

Repeat.

Directions: Hold up a toy fish and slowly move it back and forth as you sing the song above. Or move your hand up and down like a fish swimming in the ocean.

Language Development: The Fish In The Water

The fish in the water goes back and forth, back and forth, back and forth. (Move toy fish back and forth)

The fish in the water goes back and forth all day long

Directions: Sing the song above while holding baby in your arms and gently sway baby back and forth very slowly or for older babies hold up a toy fish and move it slowly back and forth as you sing the song above.

Exercise: Fish, Fish, Fish

Big Fish (Gently open baby's arms wide)

Little Fish (Gently close baby's arms)

Fish, Fish, Fish (Gently roll baby's arms in a circle)

This little fish wants to make a wish. (Open baby's arms wide)

He wishes he could play with you. (gently tickle baby's belly)

He loves playing peek-a-boo! (put your hands over your face and then uncover as you quietly say peek-a-boo)

Never force baby's arms, if baby doesn't want you to gently move her arms, then hold baby and sway or rock baby as you read the poem above.

Copyright @ www.adaycare.com this is a free sample of our infant lessons plans for babies 1 to 4 months. We also have older infants, toddler & preschool curriculums.

Today's Music: Lullaby's

Play some lullaby music for baby today, play it very softly in the background. If you don't have any lullaby music check with your local library or play something else, babies love music.

Massage: Rolling Legs

Place hands on each side of one of baby's legs and carefully roll baby's leg between your hands, like rolling clay between your hands to make a snake, continuing rolling your hands as you move your hands down baby's leg, then repeat on baby's other leg and then alternate each leg several times.

Baby may kick arms or legs during any part of the massage, do not restrain baby, carefully continue or try to massage another body part.

To begin, place the babies in front of you, so you can see them and make eye contact with the babies as you talk. You should have a small group of one – four babies.

Please note: The best time to massage baby is just before she goes to sleep. Babies benefit from gentle massage. Gently massage baby's legs. Massage baby anytime she is fussy...This might help her to relax...especially if it is gas.

KEEP IN MIND AT ALL TIMES: Infant Massage should be a very relaxing time for baby. However you need to keep baby safe during massage by not massaging too hard. Stay away from the spine, heart, soft spot on head, eyes and throat. Always use a gentle touch and look to see if baby is enjoying it or not. If baby is crying or not relaxing then try talking to baby to get her attention to what you are doing and try to get her to relax and enjoy the message, if this doesn't work and baby still seems upset, then stop the massage and try again later.

Play Time: Row, Row, Row Your Boat

Row, row, row, your boat gently down the stream
Merrily, merrily, merrily, merrily life is but a dream!

Copyright @ www.adaycare.com this is a free sample of our infant lessons plans for babies 1 to 4 months. We also have older infants, toddler & preschool curriculums.

Swish, swish, swish, goes the fish quietly down the stream
Splish, splash, splish, splash, life is but a dream!

Repeat song several times.

Gently move baby's arm, to pretend baby is rowing a boat, to the words of the song above.

Safety Note: Never force baby's arms, if baby doesn't want you to gently move her arms, then hold baby and sway or rock baby in a rocking chair as you sing the song above.

Fun Activity: Five Little Fishes

One, two, three, four, five little fishes swimming in the sea,
Splishing and splashing and looking right at me.

Along came a great big wave and washed one away.

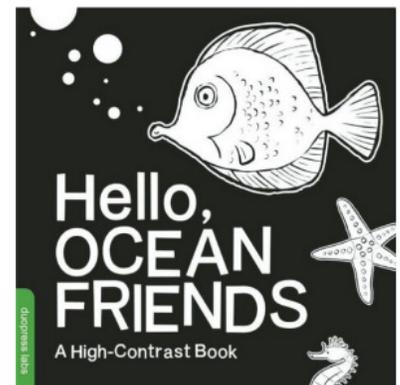
Now there are one, two, three, four ...
And continue until there are no little fishes left.

Directions: As you recite the rhyme above touch each of babies toes (as if you are counting them) as you count out the fish.

Story Time/ Rhyme Time: Hello, Ocean Friends

Show baby the pictures in Hello, Ocean Friends: by Violet Lemay to baby today, talk to baby about each picture in the book.

If you don't own this book you may be able to borrow it from your local library or purchase it online.



If you don't have the book to read to baby you can recite the rhyme below instead:

Copyright @ www adaycare.com this is a free sample of our infant lessons plans for babies 1 to 4 months. We also have older infants, toddler & preschool curriculums.

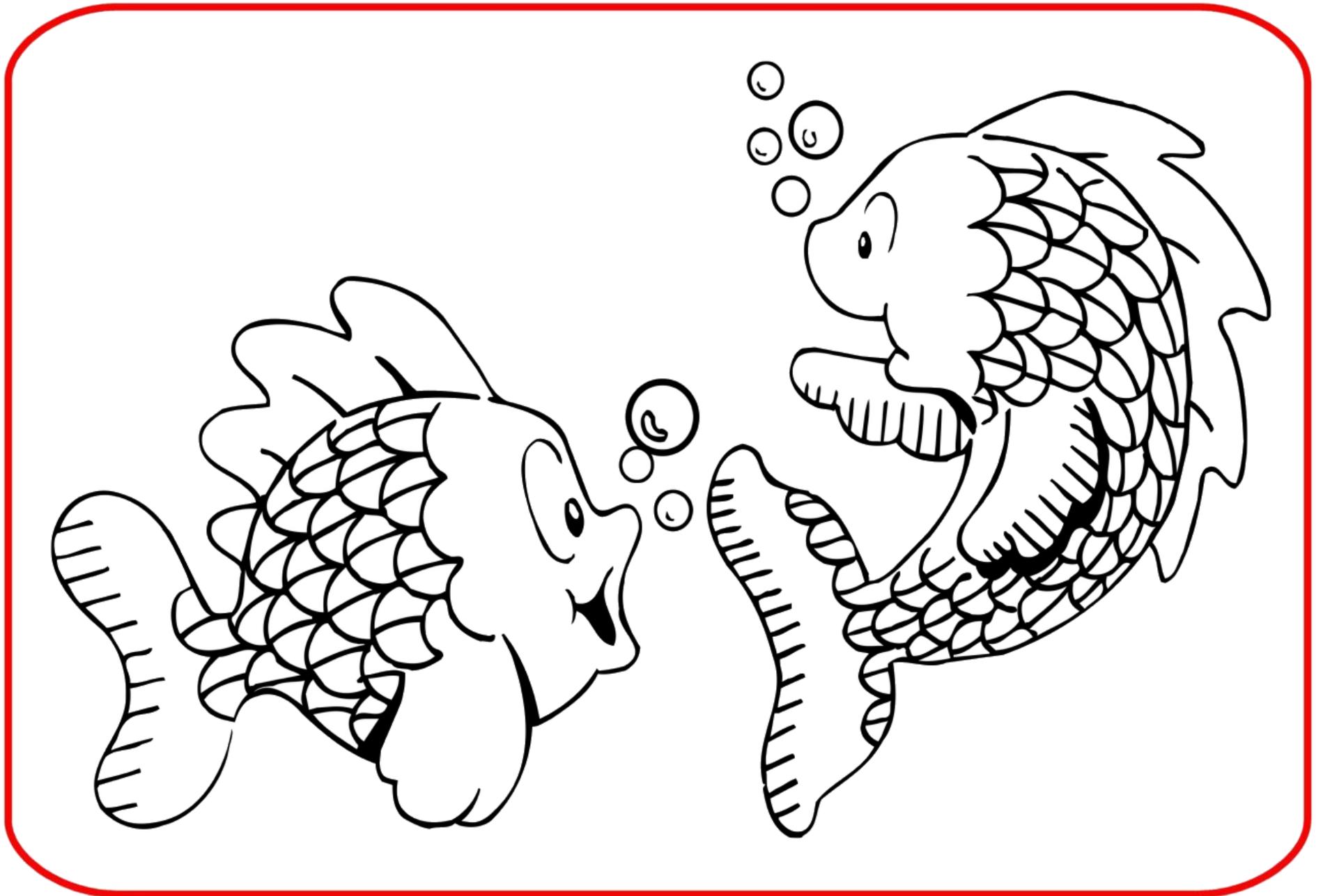
This Little Fish

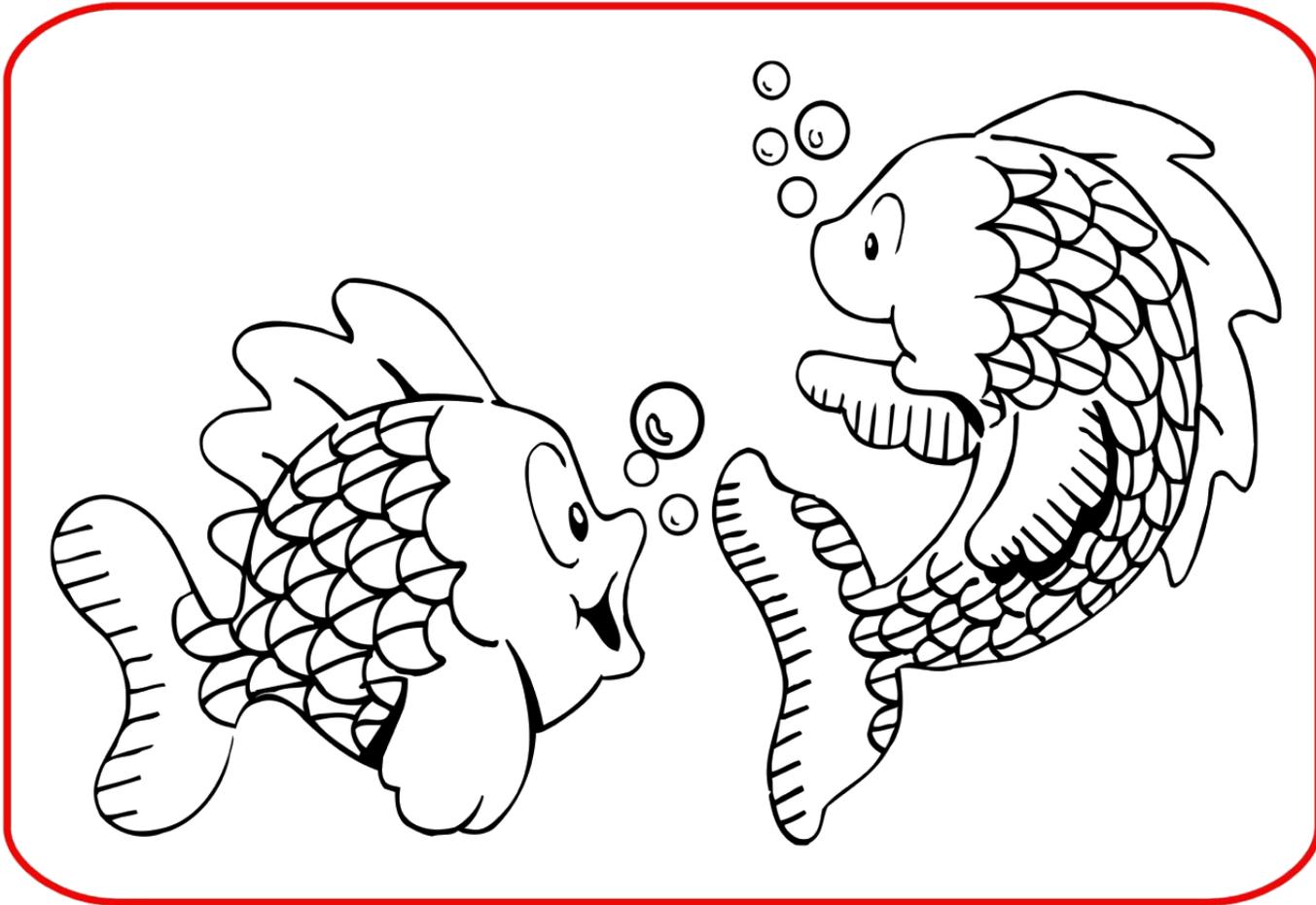
This little fish swam fast,
This little fish swam slow,
This little fish was hungry,
This little fish was not,
And this little fish swam with a splash, splash, splash all the way home!

Directions: Play this little fish by touching each one of baby's toes while saying this rhyme when you get to splash, splash, splash crawl your fingers to baby's belly and tickle lightly.

Please Note: Babies enjoy being read to in a loving voice while looking into your eyes. Babies actually thrive and learn from listening to poetry and nursery rhymes. So please read a lot to the babies in your care! Anytime you talk, hold, sing or do other activities with the babies in your care you are providing them with "Quality Care".

Copyright @ www.adaycare.com this is a free sample of our infant lessons plans for babies 1 to 4 months. We also have older infants, toddler & preschool curriculums.





Copyright @ www adaycare.com Free July infant curriculum sample for babies 1 to 4 months.