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Infants 1 to 4 Months



Curriculum Sample

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View One Day Sample - On The Next Few Pages



Weekly Schedule for Infants
Ages 1 - 4 Months
Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Song/ Finger Rhyme	Have you ever seen a doggy?	Have you ever heard a kitty	Have you ever heard a piggy?	Have you ever heard a cow	Have you ever heard a horsie
Language Development	Where is the doggie's leg?	Where's the Cat?	The Pink Says Oink	Cows Say Moo	All about Horses
Exercise/ Stimulation	1, 2, 3 Tap	1, 2, 3 Clap	Reach For the Toy	Hold the Rattle	How Far?
Massage	Finger Massage	Belly	Circle Strokes - Belly	Shoulder Massage	Squeezing Arms
Play Time	Rover the Dog	The Cat Says Meow	Find the Pig	Find the Cow	The Horse Says Neigh
Fun Activity	Slippery Ribbon	Peek A Boo	Nature	Colorful Quilt or Blanket	Shiny Square
Story Time/ Rhyme Time	Jack be nimble	The Three Little Kittens	Little Miss Muffet	Little boo peep	Twinkle, twinkle little star

Infants R Learning
Fun Time Activity Curriculum
For Ages 1 – 4 Months
Daily Lesson Plans
Week 2

Day 1

Picture: Dog

Print out the picture of the dog 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 groups 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 card stock 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 listed above 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 hold it about 10 to 12 inches from baby's eyes so he can focus on the picture.

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 to 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. 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.

Look at baby while holding up the picture and say:

Look baby "or child's name" a doggy.

Doggies like to bark.

A doggy says woof, woof.

A doggy has fur.

This doggie is black and white.

What do you think we should name doggy?

Should we name the dog Fred?

Yes, that sounds good; we will name the dog, Fred.

Fred is very cute. Fred the dog is black and white.

When Fred barks he say's woof, woof. Etc.

(Baby's just like to hear your voice, so keep talking to baby about dogs as much as you like. Their learning while you're talking)

Songs/Finger Rhymes: Have You Ever Seen A Doggy?

Have you ever seen a doggy, a doggy, a doggy?

Have you ever seen a doggy, wag his tail back and forth?

Have you ever heard a doggy, a doggy, a doggy?

Have you ever heard a doggy, go woof, woof, woof?

Language Development: Where Are Doggies Leg?

Hold up a stuffed animal dog or a picture of a dog

Point out the body parts of the stuffed animal, say to baby, see the dogs leg, and then say to baby where is (child's name) leg and gently touch baby's leg. Then say to baby see the dog's ears, and then say to baby where is

(child's name) ears and gently touch baby's ears. Repeat with mouth, chin, nose, belly, etc.

As you touch baby, always do so very gently and calmly so you do not startle baby. Try to get baby's attention first by saying her name, and looking directly at her and smiling and talking with a soft happy voice.

Where are doggie's legs? Here they are.

Where are (child's name) legs? Here are baby's legs.

Where is doggie's nose? Here it is.

Where is (child's name) nose? Here it is.

Where is doggie's tail? Here it is.

Where is (child's name) tail? Ut Oh, (child's name) has no tail.

Exercise: 1, 2, 3 Tap

Recite the poem below to baby while tapping your hands together gently, trying to get baby to turn his head to look where the sound is coming from. Begin by laying baby down on a soft mat and sitting on baby's left side.

One tap, two tap three tap, tap

Four tap, five tap, six tap, tap

One tap, two tap, three tap, tap

Lay baby on a thick pad or thick blanket on the floor. Sit on the left side of baby and softly tap on the floor and recite the rhyme above to get him to turn his head to see you, once baby turns to look at you, smile at baby and say "you found me", then move to the right side of baby and repeat, trying to get him to turn his head towards your voice and the light tapping sounds, keep repeating until baby loses interest.

Today's Music: Classical Music

You can check at your local library and try to pick up some relaxing music to play for baby or you may be able to pick some up some different types of relaxing music at a discount music store.

Try to find classical music for baby to listen to Handel's water music is a nice choice.

Massage: Fingers

Start by carefully and gently squeezing each of baby's fingers. Then using your thumb massage the palm of baby's hand by making circle movements. Repeat several times and then repeat on other hand.

Be careful not to twist or pull baby's fingers.

Baby may curl fingers and move arms during any part of the massage do not restrain baby, carefully continue or try another body part.

Play Time: Fred the Dog

Hold up a stuffed animal dog up for baby to see, about 12 inches from baby's face. Let baby look at and touch the dog.

Then hold the dog to the left of the baby and say woof, woof until baby turns his head to look at dog. Then put the dog to the right side of baby and say woof, woof until baby turns head to look.

Then give the dog a pretend funny voice and talk to the baby with the dog. Say: Hi baby. I'm a dog and my name is Fred. I say woof, woof when I talk. I like to run in the park and catch balls and Frisbees. It's a lot of fun. Etc.

Fun Activity: Feel The Ribbon

You will need a piece of ribbon, this activity is to be done only by an adult, do not let baby play with the ribbon.

You will need a 12-inch piece of ribbon.

Slowly move the ribbon across baby's hand and then say "baby's right hand". Move the ribbon across baby's other hand and say "baby's left hand". Then slide the ribbon across baby's foot and say "baby's right foot". Slide the ribbon across baby's other foot and say "baby's left foot".

Story Time/Rhyme Time: Jack Be Nimble

Jack be nimble, Jack be quick,
Jack jumped over the candlestick.

(If you have a small doll, show baby the doll and call the doll jack, then act out the poem above with the doll and have the doll jump over an object that looks like a candlestick, such as an empty toilet paper roll.)

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”.

Very Important Note: Babies are constantly learning. Babies notice a person talking in a high-pitched voice using a singsong voice more than using a normal voice. Try to use different pitches to your voice when talking to baby. Just listening to your voice is comforting to babies. Babies also enjoy watching your mouth move, and in time this will teach them how to move their mouths to form words and make sounds.

