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## Infant 1 to 4 Months



Curriculum Sample  
Week 1, Day 3

View on the next few pages

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Infants R Learning  
 Fun Time Activity  
 Weekly Schedule  
 Ages 1 - 4 Months  
 Outside Theme - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Song/ Finger Rhyme	Rain, Rain, Go Away	There Are Flowers In The Garden	Fiddle Lee Fee	Have You Ever Seen A Doggy?	Star Light, Star Bright
Language Development	Mary Felt A Raindrop	10 Little Flowers	Where's The Cat?	Rover The Dog	Twinkle, Twinkle Little Star
Exercise/ Stimulation	It's Raining	Arm Exercises	Circle Exercises	Arms Up & Down	Let's Go For A Ride
Massage	Gliding Legs	Toe Massage	Shoulders & Arms Massage	Arms	Lightly Squeezing Arms Massage
Play Time	Rainmaker	Nature	The Cat Says Meow	Where Is The Doggy's Nose?	Shake The Rattle
Fun Activity	It's Raining	Velvet Texture	Peek-A-Boo	Slippery Ribbon	Pretty Stars
Story Time/ Rhyme Time	It's Raining, It's Pouring	This Little Bunny	The Three Little Kittens	Dog Be Nimble	Little Star

## Infants R Learning – Fun Time Activity Curriculum

Day 3



### Picture: Cat

Print out the picture of the cat 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 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.

Talk to baby by saying something like this:  
Look (child's name) at the cat.  
Look at the kitty cat. A cat say's meow.  
A cat purrs when it is happy.  
Cat's like to climb trees and run through the grass.  
Cat's like to chase mice and play with balls of string  
Cats are so much fun...etc.

### **Songs/Finger Rhymes: Fiddle Lee Fee**

Fiddle Lee Foh, Fiddle Lee Fee  
One little kitty yip yip pe

Fiddle Lee Foh, Fiddle Lee Fee  
Two little kitties yip yip ye

Fiddle Lee Foh, Fiddle Lee Fee  
Kitties, kitties yippe!

Fiddle Lee Foh, Fiddle Lee Fee  
Three little kitties yip yip ye

Fiddle Lee Foh, Fiddle Lee Fee  
Four little kitties yip yip ye.

Fiddle Lee Foh, Fiddle Lee Fee  
Kitties, kitties yippe!

Fiddle Lee Foh, Fiddle Lee Fee  
Now it's time for me to leave.

Fiddle Lee Foh, Fiddle Lee Fee  
I love kitties yippe!

Bye-bye kitties!

**Directions:** When you say one little kitty light touch one of babies toes lightly, when you say two little kitties touch the next toe lightly (like you are counting his/her toes), continue in this pattern. When you say good-bye to the kitties, gently and carefully help baby wave her arm good-bye.

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### **Language Development: Where's The Cat?**

Talk to baby about cats today. You will need a toy cat or a stuffed animal cat that is baby safe, otherwise you can use the smaller cat printout.

Hold the cat up high but make sure so baby can see it and say look (baby's name) the cat is up.

Then bring the cat down low but make sure baby can still see it and then say (baby's name) look the cat is down

Now jump the cat slowly over one of your arms and say look (baby's name) the cat is jumping over my arm.

Repeat the actions above with the toy cat and keep saying baby's name.

Now say (child's name) look the cat is happy. He has had a fun day. Now he is resting happily and purring....make a purring noise and lay the cat in your lap and stroke it like a real cat or if it's a picture just lay it on the floor.

### **Exercise: Circle Exercises**

Lay baby on her back on a soft mat. Move baby's arms, very gently in a circle. Start with small circles with the left arm then larger circles. Then do the right arm. Do this very gently and very slowly.

### **Today's Music: Mozart Music**

If you don't own any Mozart music you can check at your local library and try to borrow a CD to play for baby today.

### **Massage: Shoulder & Arms Massage**

Begin by making gentle long strokes from baby's shoulders down to baby's hands, alternate between arms, repeat several times.

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**Please Note:** Infant massage is always done very gently, you don't go anywhere near the baby's spine or heart. An infant massage is done to relax baby, best time is just before baby is about to go to sleep.

**Play Time: The Cat Says Meow**

Use a stuffed animal or picture or toy of a cat:

Hold up a baby safe toy cat in front of baby for baby to see and teacher will say hello baby, meow, meow, I'm Callie the cat (or whatever name you want to use).

Next, you will move to the right side of baby and move the cat with you to the right hand side of baby and have the cat pretend to say hello (babies name), can you find me, I'm over here, meow, meow, continue saying meow until baby turns his/her head to find the cat.

Then, you will move to the left side of baby and move the cat with you to the left hand side of baby and have the cat pretend to say hello (babies name), now can you find me, I'm over here, meow, meow, continue saying meow until baby turns his/her head to find the cat.

**Repeat** until baby loses interest.

**Fun Activity: Peek A Boo**

Play peek a boo with baby:

Get baby's attention by looking at baby and saying baby's name.

Show baby a toy cat or a stuffed animal cat (baby safe toy)  
Then put your hands over your face and say "peek a boo baby"

Then cover the cats face with your hand and say "peek a boo baby" bring your hands down slowly so as not to frighten baby and say "peek a boo" again...but not too loud you don't want to startle baby. Say peek a boo in soft happy sounding voice.

Then try the same game but this time use a small blanket or dish cloth to hold up in front of your face and bring it down slowly or peek your eyes out from behind it and say "peek a boo baby", repeat with the stuffed animal cat.

See which baby likes better your face saying peek a boo or playing peek a boo with the cat, continue with the one that baby likes better until baby loses interest.

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**Story Time/Rhyme Time: The Three Little Kittens**

The three little kittens  
They lost their mittens  
And they began to cry (pretend to cry softly only for a sec.)

Oh mother dear, we sadly fear,  
Our mittens we have lost. (Say oh no the baby kittens have lost their mittens)  
(That's ok I'm sure they will find them)

**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 sing song 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.





