



## Activity Calendar

# February



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Gently tickle your baby to make her giggle.	Blow bubbles. Say <i>pop</i> when they pop.	Look into a mirror. Name the body parts you see.	Make animal sounds as you sing "Old MacDonald."	Stack pillows and soft blocks to crawl over.	Play Peek-a-Boo with a blanket or cloth.
Move water. Soak it up with a sponge and squeeze it out in a tub.	Sit in a box and "row" as you sing "Row, Row, Row Your Boat."	Put the lid on and off an empty box of Valentine chocolates.	Read a board book about colors.	Put heart-shaped magnets on and off a cookie sheet.	Use fingers to trace heart-shaped cookies before eating them.	Play with toys that can be pushed or pulled across the floor.
Blow raspberries and see if the baby will blow them back.	Swing your child back and forth in an infant swing.	Dampen chunky chalk and use it to draw on paper.	Play with a wind-up toy to show motion.	Use empty milk cartons as building blocks.	Listen to books recorded in advance by a parent or grandparent.	Cross your legs at the knee and give your child a ride on your foot.
Make a game of knocking a toy over and making it come back up.	Record and play back the baby's coos and babbles.	Play with cups, putting them inside one another.	Dig in a pan of sand or uncooked rice with a spoon or toy shovel.	Toss balls into a laundry basket to explore <i>in</i> and <i>out</i> .	Bounce and clap as you sing "Do You Know the Muffin Man?"	

NOTE: The suggested activities in this calendar are for family members to do with infants ages 0–18 months. Before you begin, make sure the daily activity is appropriate for the age, skill level, and interests of your child.