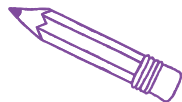


ACTIVITY TIME

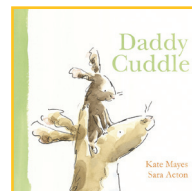
Featured Stories Program



Theme: Our Favourites

Book title: DADDY CUDDLE

By Kate Mayes and Sara Acton



Morning routines

You will need:

- You and your baby.

Instructions:

As your baby grows you may want to establish a morning routine. This can take time and it's important to be flexible and respond to your baby's needs especially if they are distressed, hungry or tired. You can always try again the next day. Keep talking to your baby, even though they don't understand everything you say.

Begin the day with the same routine each morning. Talk quietly and let your baby know it's morning and it's time to start the day.

Try feeding your baby/child around the same time each day, and chatting about your plans for the day. "We need to walk to the shop this morning for some fruit and a loaf of bread. It's a bright sunny day so we can go to the park too."

Let your baby know that it's time to get dressed and as you change them describe what you are doing. "Let's put your yellow t-shirt on. Now your blue shorts, left foot in here and right foot in here."

Adult supervision is essential. Involve and talk with your child as much as possible.

Further information

Babies may not understand all the words you are saying but they will love experiencing every day interactions with you as they begin to understand their environment and what's happening around them.

Spend some time each day talking, singing, playing and reading with your baby/child. Babies learn about their world when using all their senses and engaging with a caring adult. Have fun together!

Songs:

Round and Round the Garden, Twinkle Twinkle Little Star, or play Peekaboo.

Key message

Children learn from being engaged and doing.

Find booklists, tip sheets, nursery rhymes and activity and learning time sheets @

thelittlebigbookclub.com.au

