

# Infant Learning Plans

WoodlandsMommy.com

*The Woodlands' premier online resource for moms!*

A precious year of learning and connecting with your baby





**These Infant Lesson Plans are proudly sponsored by Celebree School of The Woodlands Creekside. Celebree is a premier preschool for ages 6 weeks and up.**

At Celebree School, nurturing young minds begins from the very start. With a strong focus on early childhood development, loving relationships, and purposeful play, Celebree School of The Woodlands provides children with a safe, engaging environment where curiosity is encouraged and every milestone is celebrated.

**8615 W Rayford Rd, Spring, TX**

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## **The WoodlandsMommy Gentle Beginnings Framework™**

A simple, relationship-centered approach to infant learning, designed for real life with your baby.

Babies learn best through loving connection, movement, and everyday moments. That's why each WoodlandsMommy Infant Lesson Plan is built around four gentle pillars of early development, giving you structure without pressure and flexibility without guesswork.

You don't need special materials, a strict schedule, or prior experience — just your presence and a willingness to follow your baby's lead.



### **Songs & Fingerplays**

Supporting physical development through rhythm and motion

Gentle songs, bouncing, swaying, and simple movements help babies build balance, coordination, and body awareness while experiencing joy and closeness.

### **Baby Games & Language**

Encouraging early communication through playful interaction. Simple games, sounds, words, and imitation support language development, eye contact, and early back-and-forth “conversations” long before real words emerge.

### **Exploration**

Inviting curiosity through the senses. Open-ended sensory experiences allow babies to touch, look, reach, and explore safely at their own pace — laying the foundation for curiosity and learning.

### **Relationship-Building, Connecting, Bonding**

Nurturing emotional security through connection

Quiet moments of cuddling, talking, and simply being together strengthen trust and help your baby feel safe, loved, and deeply connected to you.



### **A Gentle Reminder for Caregivers**

There is no “right order” and no expectation to do everything in one day. Choose what feels right, repeat what your baby loves, and trust that meaningful learning is already happening through your relationship.



MONTH	WEEK 1	WEEK 2	WEEK 3	WEEK 4
<b>JANUARY</b>	Happy New Year	Things That Go	Three Little Kittens	Monkey See, Monkey Do
<b>FEBRUARY</b>	Doggies	Baby Is Loved	Hands and Fingers	Snow Day
<b>MARCH</b>	It's Raining	Bubbles	Butterflies	Getting Dressed
<b>APRIL</b>	Smiling Baby	Cry baby Bunting	That's Me	
<b>MAY</b>	Let's Make Music	Bath Time	Circle Time	At the Beach
<b>JUNE</b>	Piggies	Stuffed Animals	Twinkle Twinkle	Paper
<b>JULY</b>	In the Garden	Jungle Gym	Apples and Red	That Makes Five
<b>AUGUST</b>	Birds	Fee Fi Fo Fum	Bumble Bee	
<b>SEPTEMBER</b>	Balls	Tick Tock	I Am thankful	Tickled Pink
<b>OCTOBER</b>	Hello Fall	Pillow Playground	Owls	Grocery Store
<b>NOVEMBER</b>	At the Park	Round and Round	Balloons	
<b>DECEMBER</b>	Under the Sea	Bugs, Bugs, Bugs	Merry Christmas	



# Happy New Year

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WoodlandsMommy.com Infant Lesson Plan

A gentle, celebratory theme focused on new beginnings, movement, sounds, and cozy connection.

**Book to add to your child's library:** *Happy New Year, Spot* by Eric Hill



## MUSIC & MOVEMENT

### Cheer the Year

(Tune: "Row, row, row your boat")

Cheer, cheer, cheer the year,  
A new one's just begun.  
Celebrate with all your friends,  
Let's go have some fun!  
Clap, clap, clap your hands,  
A brand new year is here.  
Learning, laughing, singing,  
clapping,  
Through another year.

### Happy New Year

(Tune: "Are You Sleeping?")

Happy New Year!  
Happy New Year!  
Rah! Rah! Rah!  
Rah! Rah! Rah!  
Good-bye to the old year!  
Hello to the new year!  
Rah! Rah! Rah!  
Rah! Rah! Rah!

**Lift & Celebrate:** Slowly lift your baby up and down while saying, "Up we go! Happy New Year!" Keep movements calm and predictable.

## BABY GAMES & LANGUAGE

### Bright New Year Sounds

Use soft, gentle noisemakers to celebrate the New Year in a baby-safe way. Try a small container of rice (sealed) as a shaker, a soft jingle bell inside a sock, or light tapping on a wooden spoon.

Play slowly and describe each sound. "Shake-shake... jingle-jingle... tap-tap..." This builds listening skills and early sound recognition.

### Hello, New Year

Say simple, cheerful phrases and use gestures:

"Happy New Year!" (big smile)

"Hello, baby!" (wave)

"Happy... happy!" (clap softly)

**Wave Goodbye / Hello:** Gently help baby wave while saying, "Bye-bye old year" and "Hello new year."

## RELATIONSHIP BUILDING / BONDING

### New Year Snuggle Countdown

Hold baby close and do a soft, slow countdown from 5 to 1. At "1," gently lift baby, say "Happy New Year!" and offer a big smile and kiss.

### "This Year..." Ritual

As you rock or hold baby,

quietly list loving affirmations: "This year, I will cuddle you... play with you... read to you... help you grow..."

**Quiet Celebration:** End the lesson with dim lights, gentle rocking, and calm connection to reinforce safety and comfort.

## EXPLORATION

**Shiny Discovery:** Let your baby explore safe, shiny items like a crinkly ribbon, foil ball, or reflective toy. Describe what they see: "shiny," "bright," "sparkle."

### Gentle Confetti Play:

Place a few large, soft fabric pieces or scarves on the floor and let baby watch or touch as you move them slowly like falling confetti.

**Mirror Moment:** Sit together in front of a mirror and smile, wave, and say, "Happy New Year!"



# Things That Go

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**Book to add to your child's library:** *Things That Go* by Scarlett Wing



## MUSIC & MOVEMENT

### Driving, Driving

(Tune of "Row, Row, Row Your Boat")

Drive, drive, drive the car,  
Nice and slow today.  
Beep beep beep and stop,  
Then drive along the way.

### Here Comes the Train

Here comes the train,  
Chug, chug, chug!  
Rolling on the track,  
Chug, chug—hug!

(End with a cuddle or gentle tickle.)

### Zoom, Zoom, Zoom

Zoom, zoom, zoom,  
We're going to the moon.  
If you want to take a trip,  
Climb aboard my rocket ship.  
Zoom, zoom, zoom!

### I'm An Airplane

(Tune: Frere Jacques)

I'm an airplane, I'm an airplane  
(lift baby up or hold arms out)  
Flying high, flying high  
(sway left and right)  
I can tilt this way, I can tilt that way  
(tilt side to side)  
In the sky, in the sky.

## BABY GAMES & LANGUAGE

### Vehicle Sounds

Make simple sounds and name them clearly: "Beep beep!" "Vroom!" "Chug chug!" Pause and repeat.

### Push & Say

Help baby push a toy vehicle while saying, "Go!" Then stop and say, "Stop!"

### Where Is the Car?

Hold up a toy and ask, "Where is the car?" Then answer: "There it is!"

### Action Words

Use movement words often: go, stop, fast, slow, roll.

### Imitate & Respond

Copy baby's sounds and movements, turning them into a playful back-and-forth "conversation."

## EXPLORATION

### Rolling Exploration

Roll a car or ball across the floor and let baby watch or reach.

### Texture Vehicles

Offer vehicles made of different materials such as plastic, fabric, wood, and describe how they feel.

### Ramp Play

Use a pillow or book to create a gentle ramp. Roll a car down slowly and narrate what's happening ("The car is rolling downhill.")

### Movement Watching

Sit by a window and watch real cars or buses go by, naming what you see.

## RELATIONSHIP BUILDING / BONDING

Sit close and stay engaged as baby watches, reaches, or listens. Use eye contact, smiles, and a calm voice to reassure baby as they explore.

Narrate with warmth and reassurance:

"You see the car go."  
"You made it move."

"I'm right here with you."

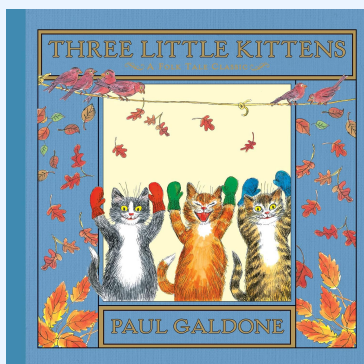
These moments of shared play help babies feel confident, understood, and excited to learn while strengthening the loving bond between baby and caregiver.

# Three Little Kittens

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**Field Trip Idea:** Local pet store  
(Be sure to visit the kitty cats!)

**Book to add to your child's library:** *Three Little Kittens* by Paul Galdone



## MUSIC & MOVEMENT

### Three Little Kittens

*Sing the rhyme slowly while holding your baby on your lap. Gently bounce or sway side to side in time with the words. Use three fingers to represent the kittens as you sing.*

The three little kittens,  
they lost their mittens,  
And they began to cry,  
"Oh, mother dear, we sadly  
fear,  
Our mittens we have lost!"

"What!? Lost your mittens, you  
naughty kittens!  
Then you shall have no pie."  
"Meow, meow, meow."  
"Then you shall have no pie."

## BABY GAMES & LANGUAGE

### Socks On, Socks Off

Play with a hat with your child. Put the hat on his head and say "Hat's on." Take it off and say "Hat's off." Continue this several times, putting on the hat and taking it off both your child's head and your head.

### Meow & Pause:

Play with a stuffed kitten and say "meow" in a soft voice, then pause and wait for baby to respond with a sound, smile, or movement.

### Name the Story Words:

Point to pictures and label simply: "kitten," "mittens," "cat," "soft."

### Count the Kittens:

*(Draw a kitten face on your fingers if you'd like!)*  
Hold up one, then two, then three fingers and say, "One kitten... two kittens... three kittens," keeping it slow and rhythmic.

## EXPLORATION

### Picture Discovery:

Look through a kitten-themed board book together, turning pages slowly and allowing baby to touch and explore.

### Surprise Bag:

Fill a bag with the following items and allow your child to pull out one item at a time to explore:  
a ball of yarn, stuffed cat, cotton balls, bar of soap, bag of beans, baby rattle (improvise as necessary)

## RELATIONSHIP BUILDING / BONDING

### Rock A Bye Baby

*(rock baby in your arms)*  
"Rock A Bye Baby in the treetop  
When the wind blows the cradle  
will rock.  
When the bough breaks, the  
cradle will fall.  
Down will come baby, cradle,  
and all."

### Face to Face Interaction:

Smile and talk to your child

about cats/kittens. Talk about how kittens have whiskers, the sounds they make (purr, meow!), how they like to stretch, etc., allowing your child a chance to respond to you with sounds or movement. Look into his eyes and show him that he has your undivided attention.



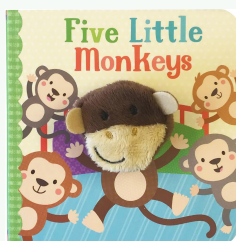


# Monkey See, Monkey Do

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**Great to have on hand:** A stuffed monkey or animal toy, a small blanket or mat, and a few safe sensory items

**Book to add to your child's library:** *Five Little Monkeys (Finger Puppet Board Book)* by Cottage Door press



## MUSIC & MOVEMENT

Songs and gentle movement to help your baby feel rhythm, motion, and joy.

### Five Little Monkeys

*Sing slowly and use gentle motions. Hold baby on your lap and gently bounce. Wiggle fingers for the monkeys.*

Five little monkeys jumping on the bed.  
One fell off and bumped his head.  
Mama called the doctor and the doctor said,  
"No more monkeys jumping on the bed!"  
(repeat for 4, 3, 2, and 1.)

### Swing, Swing Little Monkey

*(sung to the tune of "Row, Row, Row Your Boat")*

Swing, swing little monkey,  
Swinging in the tree.  
Up so high and down so low,  
Happy as can be.

Swing, swing little monkey,  
Hold on nice and tight.  
Sway and sway and swing all day,  
Then rest with me tonight.

### Animal Sound Dance

Play simple music and pause to say "Ooh-ooh-ah-ah!" (monkey sound) Encourage baby to move, bounce, or wiggle.

## BABY GAMES & LANGUAGE

Simple games and conversations that build early communication skills.

### Monkey See, Monkey Do

*Help your child mimic your actions.*

(1) Cover your eyes (then ask him/help him to cover his eyes), (2) touch your head, (3) touch your tummy, (4) shake your hands, etc.

### Peek-A-Boo Monkey

*Use a soft monkey toy or your hands:* Hide the monkey behind your back or blanket. Pop out with "Ooh-ooh! Peek-a-boo!"

### Monkey Talk Time

*Hold baby close, make eye contact, and:*

- Make playful monkey sounds
- Pause to let baby respond (coos, smiles, babbles)
- Copy their sounds back to them

### Mirror Monkey

Sit baby in front of a mirror. Point to reflections: "That's YOU! That's mommy!" Make monkey faces together

### Simple Monkey Words

Repeat these throughout the day: monkey, banana, up, down, swing

## EXPLORATION

Sensory play that encourages curiosity and discovery.

### Monkey Discovery Basket

Offer a small basket or tray with a few safe items to explore: a soft monkey toy, a textured cloth, a soft banana, or crinkly paper. Allow your baby to touch, grasp, mouth, and examine each item at their own pace.

### Texture Touch Time

Gently guide your baby's hands over different textures while naming them softly: "soft," "smooth," "crinkly." Pause often and follow your baby's interest.

### Watch the Monkey Move

Slowly move a monkey toy across your baby's line of sight or lightly bounce it on the floor or mat. Encourage your baby to track the movement with their eyes.

## RELATIONSHIP BUILDING / BONDING

Snuggly moments that nurture connection and emotional security.

### Cuddle & Chat

Hold your baby close and talk softly about what you're doing or how your day is going. Your calm voice and presence help your baby feel safe and connected.

### Gentle Monkey Massage

Using slow, loving touches, gently massage your baby's arms, legs, and tummy while maintaining

eye contact and speaking reassuringly.

### Still Moments Together

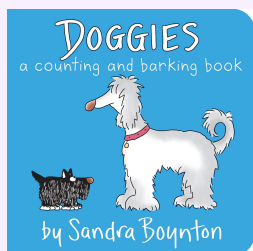
Sit quietly with your baby, make eye contact, smile, and respond to their expressions or sounds. There's no goal here — just shared presence.



# Doggies

**Field Trip Idea:** Visit a friend or family member who has a dog as a pet.

**Book to add to your child's library:** *Doggies* by Sandra Boynton



## MUSIC & MOVEMENT

Songs and gentle movement to help your baby feel rhythm, motion, and joy.

### BINGO

(Clap your baby's hands as you spell B-I-N-G-O.)

There was a farmer who had a dog,  
And Bingo was his name-o!  
B-I-N-G-O, B-I-N-G-O, B-I-N-G-O,  
And Bingo was his name-o!

### Doggy, Doggy

(Tune: Teddy Bear, Teddy Bear)

Doggy, doggy, turn around  
(spin your baby around)  
Doggy, doggy touch the ground  
(touch the floor)  
Doggy doggy touch my shoe  
(touch your shoe)  
Doggy doggy I love you  
(Kiss your baby!)

### Puppy Crawl & Wiggle

During tummy time or floor play, encourage small wiggles or reaching movements. Narrate playfully: "Wiggle like a puppy!"

### Up & Down Puppy

Slowly lift your baby (securely) and gently lower them, saying "Up, puppy! Down, puppy!" Pause between movements.

## BABY GAMES & LANGUAGE

Simple games and conversations that build early communication skills.

**Point & Name:** Look at dog pictures (book or cards) and label: "dog," "puppy," "nose," "ears," "tail."

### Peek a Boo

Use a stuffed dog and a blanket to play hide and seek with your infant. "Where's the doggy?" "Peek a boo, here he is!"

### Bite the Fingers

Pretend to be a dog. Bark, and tell your child "I'm gonna bite your fingers." Pretend to gently growl and nibble at his fingers while he smiles and pulls his hand away. Then go for the toes! Your baby will enjoy squirming to get away!

### Look & Name:

Describe what baby is looking at: "You see the light," "You're watching Mommy."

## EXPLORATION

**Texture Time:** Let your baby explore a plush dog toy, focusing on soft fur, floppy ears, or a smooth nose. Describe what they feel: "soft," "fuzzy," "gentle."

**Real-Life Watching** (if available): From a safe distance, watch a calm dog walk, stretch, or rest. Narrate what's happening in a soothing voice.

### Surprise Bag

Fill a bag with dog-themed items for your baby to explore: a small stuffed dog, a soft blanket (to feel like fur), a rubber dog toy, or a dog picture card. Include a picture of a dog and point to it while saying "dog" or "doggie" several times. Make gentle barking sounds and pause to let your baby listen or respond.

## RELATIONSHIP BUILDING / BONDING

**Snuggle & Story:** Cuddle close while reading a short dog book, using a calm, expressive voice.

### Face to Face Interaction:

Hold your baby closely and sing the song "You Are My Sunshine":

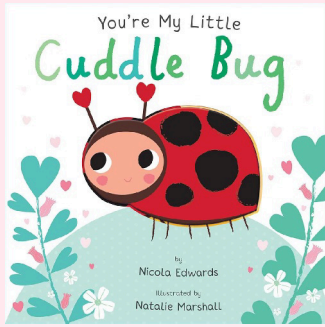
You are my sunshine,  
My only sunshine,  
You make me happy

when skies are gray  
You'll never know dear  
How much I love you,  
Please don't take my  
sunshine away.

# Baby is Loved

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**Book to add to your child's library:** *Cuddle Bug* by Nicola Edwards



## MUSIC & MOVEMENT

### **Baby is Loved**

(tune of "Twinkle Twinkle Little Star")

Baby is loved, yes it's true,  
Mama loves you, Daddy too.  
Hugs and kisses, soft and sweet,  
Love you from your head to feet.  
Baby is loved, yes it's true,  
Baby, baby, we love you.

### **Skinamarink**

(If you don't already know the tune, stream a digital version of it. This is a fun one for your little one, and you'll want to sing it over and over again.)

Skinamarink e-dink, e-dink,  
Skinamarink e-doo,  
I love you.  
(repeat)  
I love you in the morning,  
And in the afternoon;  
I love you in the evening,  
And underneath the moon.  
Skinamarink e-dink, e-dink,  
Skinamarink e-doo,  
I love you.

## BABY GAMES & LANGUAGE

### **"I Love Your..." Game**

Point to baby's features and name them:

I love your toes...  
I love your nose...  
I love your smile...

### **Mirror Love Talk**

Sit with baby in front of a mirror and say:

"I love you."

Pause and wait for coos or facial responses.

### **Say Baby's Name**

Gently repeat baby's name with warmth and expression:

"Mama loves [Name]."

"[Name] is so loved."

## EXPLORATION

### **Valentine's Sensory Bin:**

Fill a bin with red/pink shredded paper, soft felt hearts, and ribbons. While the baby explores, name the items ("red heart," "soft ribbon") to build receptive language.

### **Red, Pink & White Discovery**

Show baby items in Valentine colors and describe them slowly:

Red heart... pink heart...  
white heart.

### **Gentle Scent Moment**

Let baby smell something subtle and familiar (a freshly cleaned blanket, mom's lotion on your hands).

## RELATIONSHIP BUILDING / BONDING

### **Valentine's Bath Time:**

Use shaving cream on the tub wall or bath surface to draw hearts, Xs, and Os. Use a heart-shaped sponge to squeeze and pat, practicing fine motor skills and tactile stimulation.

make eye contact, smile, and talk slowly. Whisper: "You are safe. You are loved. Mama is here."

### **Valentine Cuddle**

Wrap baby in a blanket and hold them close while whispering loving words.

### **Love Gaze Time**

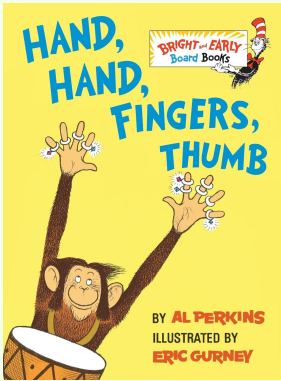
Hold baby face-to-face,



# Hands & Fingers

**Field Trip Idea:** Visit the library for Baby & Me storytime

**Book to add to your child's library:** *Hand, Hand, Fingers, Thumb* by Al Perkins



## BABY GAMES & LANGUAGE

### These are Baby's Fingers

These are baby's fingers.  
These are baby's toes.  
This is baby's belly button  
Round and round it goes.  
(give a tickle at the end)

### This Little Piggy

(use fingers to act out each little piggy)

This little piggy went to market,  
This little piggy stayed home,  
This little piggy had roast beef,  
This little piggy had none,  
This little piggy cried wee wee wee  
All the way home.

**Name the Fingers:** Gently touch each finger and name it slowly: "thumb... finger... finger..." (no need for perfection. Rhythm and repetition matter).

**Hands Talk:** Open and close your hands while saying "hands open... hands closed," pausing to let baby respond with sounds or movement.

## EXPLORATION

### Where are Your Hands?

Cover baby's hands with a towel and ask "where are (child's name) hands? Lift the towel and say "Ah, there they are." Do the same thing again, asking "where are (child's name) fingers?" When you unveil the fingers, count each one to be sure they're all there!

**Texture Touch:** Offer safe items with different textures, and let your baby explore using their hands and fingers.

**Mirror Hands:** Sit with your baby in front of a mirror and move hands together, noticing reflections and movement.

**Grasp & Release:** Place a lightweight toy in baby's hand and allow time for grasping, holding, and releasing.

## MUSIC & MOVEMENT

**If You're Happy and You Know It**  
(clap baby's hands as you sing the song)

If you're happy and you know it,  
clap your hands (clap clap),  
If you're happy and you know it,  
clap your hands (clap clap)  
If you're happy and you know it,  
Then your face will surely show it  
If you're happy and you know it,  
clap your hands (clap clap).

### Pat A Cake

(clap baby's hands & gesture)  
Pat a cake, Pat a cake, Baker's Man  
/ Bake me a cake as fast as you can.  
/ Pat it and prick it And mark it with a "B" / Put it in the oven for baby and me.

### Open, Shut Them

(Clap baby's hands to the beat.)  
Open them, shut them,  
Open them, shut them,  
Make a little clap clap clap.  
Open them, shut them,  
Open them, shut them,  
Put them in your lap lap lap.

## RELATIONSHIP BUILDING / BONDING

### Rock A Bye Baby

(rock baby in your arms)  
Rock A Bye Baby in the treetop  
When the wind blows the cradle will rock.  
When the bough breaks, the cradle will fall.  
Down will come baby, cradle, and all.

**Hand Holding Time:** Hold your baby's hands while making

eye contact and speaking softly or singing.

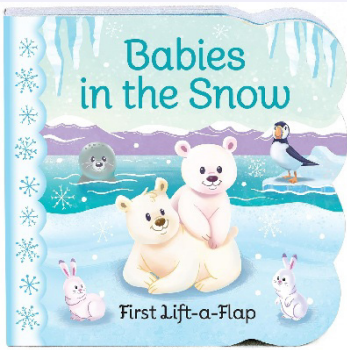
### Gentle Hand Massage:

Using slow strokes, massage baby's palms and fingers, naming the movement: "Mommy rubs your hands."

“Let me love you a little  
more before you’re not  
little anymore.”



**Book to add to your child's library:** *Babies in the Snow* by Ginger Swift



## MUSIC & MOVEMENT

**Snow is Falling Down**  
(in the tune of London Bridge;  
Gently wiggle fingers downward  
like snow for "falling down")

Hurray for snow  
It's falling down, falling down,  
falling down  
Hurray for snow  
It's falling down  
Falling down outside.

**Brrr It's Cold Outside**  
Brrr, it's cold outside,  
Snowflakes soft and white.  
Snuggle up and cuddle close,  
Cozy feels so nice.

**Twinkle Twinkle Snowflake**  
(Tune of "Twinkle Twinkle Little  
Star." Lift baby's arms slowly up;  
Lower arms gently while swaying)

Twinkle, twinkle snowflake white,  
Falling softly day and night.  
Floating gently from the sky,  
Landing quietly nearby.  
Twinkle, twinkle snowflake white,  
Falling softly day and night.

## BABY GAMES & LANGUAGE

### Snowflakes Falling

Here come the snowflakes, one by one  
(raise one finger at a time)  
Falling down till day is done  
(wiggle fingers downward)  
On my nose and on my toes  
(touch nose, then toes)  
That's the way the cold wind blows

**Repeat these words slowly throughout play:**

- snow
- cold
- soft
- white
- cozy

*Tip: Exaggerate your mouth movements and pause. Babies love watching how words are formed.*

### Peek-A-Boo Snow

Cover your face with a soft white cloth or blanket, and say:  
"Where did I go?"  
Reveal your face slowly:  
"Here I am!"

## EXPLORATION

### Soft Snow Bin

- Cotton balls
- White felt pieces
- Soft white washcloths

### Cold Touch Experience

- A cool spoon
  - A chilled (not frozen) teether
- Let baby briefly touch, then say: "Brrr... that feels cool!"

## RELATIONSHIP BUILDING / BONDING

### Snow Day Snuggles

Hold baby close in your arms or lap, wrapped in a soft blanket. Rock gently and make eye contact. Say softly:

- "You are warm."
- "You are safe."
- "I'm right here."

### Gentle Touch and Comfort

Slowly stroke baby's arms, legs, or back. Name what

you're doing:

- "Gentle hands."
- "Soft touch."

### Caregiving as Connection

Use diaper changes, feeding, and getting dressed as bonding moments. "All clean!" "Milk time!" "All cozy now!"



# It's Raining

**Book to add to your child's library:** *Hello Rain* by Katherine Pryor



## MUSIC & MOVEMENT

### Rain is Falling Down

*(in the tune of London Bridge;  
Gently wiggle fingers downward  
like raindrops)*

Rain is falling down, falling down,  
falling down  
Rain is falling down  
Falling down today

### Pitter Patter Rain

Pitter-patter raindrops fall  
Soft and quiet, very small  
Drip, drip, drop,  
Rain won't stop

### Rock-A-Bye Rain

*(Tune of "Rock-A-Bye Baby")*

Rock-a-bye rain,  
falling so slow  
Tapping the windows  
down below  
Snuggled and warm,  
safe from the storm  
Rain brings  
quiet and calm,

## BABY GAMES & LANGUAGE

### Rainy Day Words

*Repeat slowly throughout play.*

- rain
- wet
- drop
- tap
- splash

### Window Watch

*Hold baby near a window (if it's raining), and narrate what you see:*

"Rain falling."

"Tap, tap."

### Echo Sounds

*Make soft sounds:*

"Pshhh"

"Tap tap"

Pause and respond to baby's coos

## EXPLORATION

### Rain Touch Play

*Choose one gentle option:*

- A damp washcloth for baby to touch
- Baby splashing hands lightly in shallow water
- Soft tapping on a table or tray to hear "rain sounds"

Always supervise closely.

### Feel the Rain

Dress baby appropriately (light jacket or hat if needed). Step outside briefly during light rain or drizzle.

- Hold baby securely in your arms or under an umbrella
- Allow baby to feel a few raindrops on: hands, cheeks, fingertips

After returning indoors, dry baby's hands and say: "All done" or "Back inside."

## RELATIONSHIP BUILDING / BONDING

### Cozy Rain Snuggles

*Hold baby close in a quiet space, and say softly:*

- "It's raining outside."
- "You are safe."
- "I'm here."

### Rain Walk

*Take your baby out in a covered stroller and enjoy a stroll in the rain.*

### Gentle Bonding Song

*(Tune "Your Are My Sunshine")*

You are my baby,  
My cozy baby,  
Safe in my arms  
while rain falls down.  
I'll stay right here, dear,  
So close beside you,  
Loving you while the rain  
surrounds.

**Book to add to your child's library:** *Hey Baby - A Baby's Day in Doodles* by Andrea Pippins



## BABY GAMES & LANGUAGE

### Bubble Words

*Repeat slowly throughout play.*

- bubble
- pop
- up
- gone
- again

### Watch the Bubble:

*Blow one bubble at a time. Point gently and say:*

"Bubble"  
"Pop"

### More Bubbles?

Blow bubbles, then pause. Ask:

"More?"

Wait for baby's cue (movement, sound, eye contact)

Respond warmly:

"More bubbles!"

## EXPLORATION

### Bubble Wrap Playtime

Place a small, clean piece of bubble wrap on the floor or table. Sit with baby and hold the bubble wrap. Allow baby to:

- press with hands
- pat with fingers
- feel the bumpy texture

Gently press a bubble so baby can hear the pop.

### Bubble Watching and Touching

Blow bubbles slowly in front of baby. Let bubbles land on:

hands, feet, blanket

Narrate simply:

"Bubble."

"Wet."

"Pop...gone."

Be sure to supervise closely and avoid bubble solution near eyes or mouth.

## MUSIC & MOVEMENT

### Bubbles, Bubbles

(Tune: "Teddy Bear, Teddy Bear")

Bubbles, Bubbles Everywhere  
Bubbles, Bubbles, in the air,  
Bubbles, Bubbles floating down  
Bubbles Bubbles hit the ground.  
POP!

### 10 Little Bubbles

(Tune: 10 Little Indians)

1 little, 2 little, 3 little bubbles  
4 little, 5 little, 6 little bubbles  
7 little, 8 little, 9 little bubbles  
10 little bubbles go pop, pop, pop

### Rock-A-Bye Bubbles

(Tune of "Rock-A-Bye Baby")

Rock-a-bye bubbles, floating so slow,  
Up in the air and down they go.  
Safe in my arms, calm and secure,  
Bubbles bring wonder, gentle and pure.

## RELATIONSHIP BUILDING / BONDING

### Close and Cozy Bubble Time

*Hold baby securely and blow bubbles slowly while staying close. Maintain eye contact between bubbles. This is a fun activity to do at bathtime.*

### Gentle Bonding Song

(Tune "Your Are My Sunshine")

You are my baby,  
My sweet, sweet baby,

Watching the bubbles float and play.

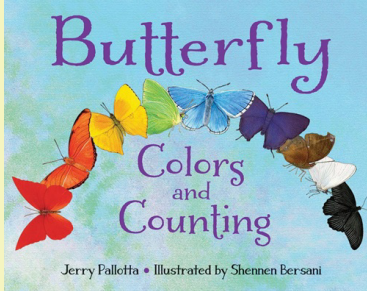
I'm here beside you,  
So close and loving,  
Sharing this moment, safe each day.

### Quiet Wind Down

Cuddle baby and breathe slowly together. Whisper:  
"All done." "So calm."

# Butterflies

**Book to add to your child's library:** *Butterfly Colors and Counting* by Jerry Pallotta



## MUSIC & MOVEMENT

### Who's Here Today?

(to the tune of *Farmer in the Dell*, sing while lifting and bouncing.)

\_\_\_\_\_'s here today,  
\_\_\_\_\_'s here today,  
I'm so glad you're here today,  
I think I'll shout Hurray!  
(shout Hurray!)

### Flutter, Flutter Butterfly

(Tune: "Twinkle Twinkle Little Star")

Flutter, flutter butterfly,  
Floating softly way up high.  
Gentle wings go flap, flap, flap,  
Then you rest upon my lap.

*Gently move baby's arms like flapping wings.*

### Butterfly Song

Butterfly, butterfly,  
pretty, pretty butterfly.  
Flying here and flying there,  
flying everywhere.  
When I see you flap your wings,  
I know that its time for spring.  
Butterfly, butterfly,  
pretty butterfly

## BABY GAMES & LANGUAGE

### Butterfly Words

*Repeat slowly throughout play:*

- butterfly
- flutter
- wings
- fly
- soft

### Where Is the Butterfly?

Use a soft butterfly toy or picture.

Move it away slowly and ask:

Where is the butterfly?"

Bring it back into view and say:

"Here is the butterfly!"

### Pat A Cake (chant)

Pat a cake, Pat a cake

Baker's Man,

Roll him and roll him

and THROW him in the pan!

(Sit baby on lap and gently roll him backwards for last line.)

### Baby Go Up

(tune to *Loop D' Loo*)

Up in the air to right,

Up in the air to left,

Wiggle baby up like this,

And now give a butterfly kiss!

## RELATIONSHIP BUILDING / BONDING

### Pease Porridge Hot!

Pease porridge hot!

Pease porridge cold!

Pease porridge in the pot

Nine days old.

Some like it hot,

Some like it cold,

Some like it in the pot

Nine days old!

You can add the following variation to the words: "Baby

likes it hot, Mama likes it cold, Daddy likes it in the pot nine days old," etc.

Make conversation with your child after reciting this rhyme, such as "Nine days old! That's awfully long time! Yucky! Does (child's name) like it nine days old?"

## EXPLORATION

### Flying Butterfly

Cut out a butterfly from construction paper and fly your butterfly around to cheery music (or help baby fly the butterfly around). Repeat the phrase "butterfly flutters in the sky!"

### Butterfly Sensory Play

Choose one gentle option:

- Soft fabric butterflies
- Light scarves to watch float down
- Textured paper or felt wings

Narrate simply:

"Soft."

"Flutter."

"Fly."

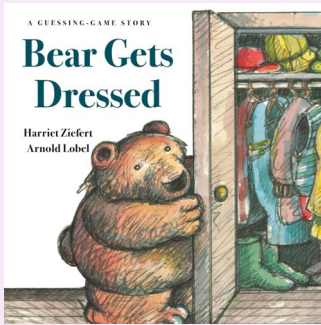
### Find the Butterflies

Point out to your baby all the butterflies you can find around the house (clothing, pictures, blankets, diapers) and help him touch each one.



# Getting Dressed

**Book to add to your child's library:** *Bear Gets Dressed: A Guessing Game* by Harriet Ziefert



## BABY GAMES & LANGUAGE

### Where Are Baby's Clothes?

With a blanket, cover different articles of clothing that your child is wearing and ask "where is it"?

Ex: Where's Justin's shirt?  
Remove the blanket and say "Oh there it is!" while pointing to the shirt. Do this for pants, socks, and diaper.

### Open/Shut Them

(Open and shut baby's hands to the lyrics)

Open shut them, open shut them,  
give a little clap clap clap!  
Open shut them, open shut them,  
put them in your lap lap lap!  
Creep them, creep them, creep them,  
creep them, right up to your chin.  
Open wide your little mouth, but  
do not let them in!

## EXPLORATION

### Clothing Exploration

Let your child explore different textures of clothing with her hands: a soft sweater, a braided belt, a fur coat, a silk shirt, etc.

### Blocks and Cups

Play with different size blocks and cups made of plastic, wood, or fabric. Bang the blocks together, place the blocks inside the cups, move the blocks from hand to hand.

### Fabric Feel Basket

Choose one option:

- Soft cotton shirt
- Cozy socks
- Knit hat or scarf

Let baby touch, squeeze, explore textures  
Narrate simply:

"Soft."

"Warm."

## MUSIC & MOVEMENT

### Getting Dressed

(Tune: Mulberry Bush - Sing while dressing your child)

This is the way we put on our shirt,  
put on our shirt, put on our shirt  
This is the way we put on our shirt  
So early in the morning.

Repeat, changing "shirt" to any piece of clothing you are dressing your child in.

### Tickle Tickle

Tickle tickle tickle where?  
Tickle, tickle on your hair,  
Tickle, tickle on your toes  
Tickle, tickle on your nose  
Tickle tickle tickle cute  
Tickle, in your birthday suit.

### Clothes That Cover

(sung to the tune of "Wheels on the Bus")

The shirt on (baby's name) covers  
her tummy, covers her tummy,  
covers her tummy,  
The shirt on (baby's name) covers  
her tummy

The shirt covers up her tummy.  
Repeat using pants, legs, socks,  
feet, hat, head.

## RELATIONSHIP BUILDING / BONDING

### Face to Face Interaction:

Hold your child and talk about clothing and body parts.  
"Where is mommy's shirt" you can ask. "Here is mommy's shirt." Then "where is baby's belly button?" Raise his shirt and reply "Here it baby's bellybutton, under her shirt!"

In front of a mirror, dance while holding your child in

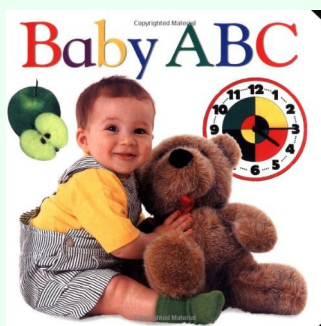
your arms. Gentle, sweeping movements and twirls are fun for infants, plus they help reinforce that they are safe in mommy's arms.

### Calm Close

Cuddle baby, take a deep breath together, an whisper: "All dressed."  
"Ready now."

## Book to add to your child's

**library:** *Padded Board Books: Baby ABC* by DK Publishing



## BABY GAMES & LANGUAGE

### Play Ball

Roll a large, soft ball back and forth with your baby. Try different types of balls and even a paper towel roll.

### Where Is It?

Place three plastic cups upside down on a surface in front of your child. Put a small rubber ball or other toy underneath one of the cups. Tilt the cup slightly so baby can see where the ball is, and conceal it again. Ask, "Where is the ball?" Reward him with lots of praise when she selects the right one.

### Mirror Smiles

Sit with baby in front of a mirror. Point gently and say: "Baby smiling."

### Peek-a-Smile

Cover your face briefly with hands or a cloth. Reveal with a big smile: "Smile!"

## EXPLORATION

### Random Objects

Hold up an object in front of your child, such as a piece of fruit, and describe what it is. Be sure to add in descriptive adjectives to enhance learning. (i.e., "This is an apple. It is red and round.")

### Shared Smiles

Hold baby close and make gentle eye contact. Smile and wait. Say softly:

"I see you."

"You make me happy."

## MUSIC & MOVEMENT

### If You're Happy and You Know It

If you're happy and you know it,  
give a smile  
If you're happy and you know it,  
give a smile  
If you're happy and you know it,  
And you really want to show it,  
If you're happy and you know it,  
give a smile

(Smile widely and wait; Gently touch baby's cheeks.)

### Tickle Tickle

Tickle tickle tickle where?  
Tickle, tickle on your hair,  
Tickle, tickle on your toes  
Tickle, tickle on your nose  
Tickle tickle tickle cute  
Tickle, in your birthday suit.

### Where is Thumbkin?

Where is thumbkin?  
Where is thumbkin?  
Here I am,  
Here I am,  
How are you today sir?  
Very well I thank you,  
Run away,  
Run away.

## RELATIONSHIP BUILDING / BONDING

### Face to Face Interaction:

way home!"

**This Little Piggy:** Pulling the thumb, say, "This little piggy went to the market." Pulling the index finger, say, "This little piggy stayed home." Pulling the middle finger, say, "This little piggy had roast beef." Pulling the ring finger, say, "This little piggy had none." Pulling the pinky finger, say, "This little piggy cried 'wee wee wee' all the

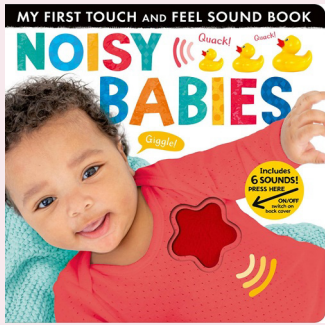
### Play bicycle:

As Baby lies on her back, lift up her legs and rotate them as if she were riding a bicycle. Make up a silly rhyme to sing as you do it, such as: "I'm riding my bike today! I'm going to head out and play! I wish I might and I wish I may! Have some fun on my bike all day!"

# Cry Baby Bunting

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WoodlandsMommy.com Infant Lesson Plan

**Book to add to your child's library:** *Noisy Babies* by Lauren Crisp



## BABY GAMES & LANGUAGE

### Gentle Pat Talk

Gently pat baby's back or tummy and say: "Pat, pat. All better."

### Baby Stacks

Place baby on a blanket on the floor and give him a series of stacking cups of graduated sizes and variations. It's best to use stacking objects that are the same shapes, such as circular cups that graduate in various sizes or even kitchen measuring cups. Help baby build towers by placing smaller plastic cups into larger ones, and then knocking them down.

### Hide and Seek

Use a thin, waffle weave blanket or a sheet of newspaper to briefly cover your baby's face and help him use his hands to clear the blanket.

## EXPLORATION

### Squeak Toys & Rattles

Play with an assortment of squeak toys and rattles. Help your child choose toys with different colors, shapes, sizes, and textures. Help him to hold, shake, bang, mouth, pat, wave, and squeak the toys. Cover the toys with a blanket and play Peek a Boo.

### Soft Exploration

Gather an assortment of baby blankets and knit fabrics (different colors and textures) and let your baby play touch-and-feel.

## MUSIC & MOVEMENT

### This Little Baby

*This little baby rocked in the cradle.*  
(Wiggle one arm)  
*This little baby jumped in the bed.*  
(Wiggle the other arm).  
*This little baby crawled on the carpet.*  
(Wiggle one leg)  
*This little baby bumped her head.*  
(Wiggle the other leg).  
*This little baby played hide and seek.*  
*Where's that little baby?*  
*Oo-oo-oooh peek-a-boo!*  
(Cover and uncover your face with a great big smile!)

### Cry Baby Bunting

*Cry Baby Bunting*  
*Daddy's gone a-hunting*  
*Gone to fetch a rabbit skin*  
*To wrap his Baby Bunting in*  
*Cry Baby Bunting*  
*Rock baby gently side to side. Wrap*  
*baby snugly in a blanket while singing.*

### Up The Wooden Hill

*Up the wooden hill to Blanket Fair*  
*What shall we have when we get*  
*there?*  
*A bucket full of water,*  
*And a pennyworth of hay.*  
*Gee up, Baby*  
(lift your child into the air)  
*All the way!*

## RELATIONSHIP BUILDING / BONDING

### Mini Massage

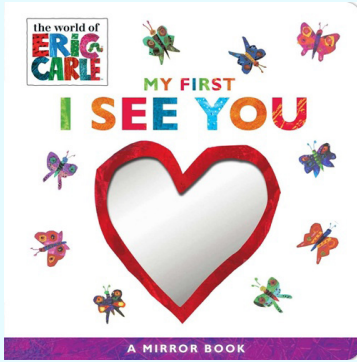
Give your child a massage. Turn the lights down low and play soothing music that your child enjoys. Use an edible oil such as olive oil, and warm your hands together. Slowly massage one body part at a time, and sing or hum softly.

### Gentle Bonding Song

(Tune: "You Are My Sunshine")

You are my baby,  
My sweet, sweet baby,  
Wrapped up warm  
and close to me.  
I'm here beside you,  
Loving and gentle,  
Just as safe as safe can  
be.

**Book to add to your child's library:** *My First I See You: A Mirror Book* by Eric Carle



## MUSIC & MOVEMENT

**Hush Little Baby**  
(sing while rocking your child)

Hush, little baby, don't say a word,  
Mama's going to buy you a mockingbird.  
And if that mockingbird don't sing,  
Mama's going to buy you a diamond ring.  
And if that diamond ring turns brass,  
Mama's going to buy you a looking glass.  
And if that looking glass gets broke,  
Mama's going to buy you a billy goat.  
And if that billy goat won't pull,  
Mama's going to buy you a cart and bull.  
And if that cart and bull turn over,  
Mama's going to buy you a dog named Rover.  
And if that dog named Rover won't bark,  
Mama's going to buy you a horse and cart.  
And if that horse and cart fall down,  
You'll still be the sweetest little baby in town

## BABY GAMES & LANGUAGE

### Mirror Mirror on the Wall

Place your baby in front of a large mirror and allow him to "meet" himself. Try placing a hat on his head and a toy by his side, and see if he studies the objects or attempts to reach for them through the mirror. Talk to your baby about what he sees in the mirror: "That's you! Say 'hi' Jacob."

### Food Art

Strap a bib on your baby and put her in his high chair. On a clean high chair tray, spoon a few different kinds (and different colors) of baby food, telling baby the name of each one as you present it. Let your child touch, smear, and taste the foods to her heart's delight!

### Where Did You Go?

Cover your child's face with a towel and ask "where is (child's name) ? Lift the towel and say "Ah, there he is." Do the same thing again, with hands, feet, bellybutton, and so forth."

## EXPLORATION

### Photo Recognition

Let your child see photos of himself (preferably prints, but digital is fine). Make conversation such as "Is that Jacob? Look Jacob has on a red shirt...etc."

### Body Discovery Time

Let baby explore:

- hands
- feet
- tummy

Use soft touch and narration:

"Your hands."  
"Your feet."

## RELATIONSHIP BUILDING / BONDING

### Face to Face Interaction:

Give your child a massage. Turn the lights down low and play soothing music that your child enjoys. Use an edible oil such as olive oil, and warm your hands together. Slowly massage one body part at a time, and sing or hum softly.

### Talk About Me

Hold your child and simply talk to him about herself. Tell her her full name (first, middle, and last), and continue a stream-of-consciousness conversation ("and you have two eyes, and you have two ears, and your hair is soft and curly, etc.")



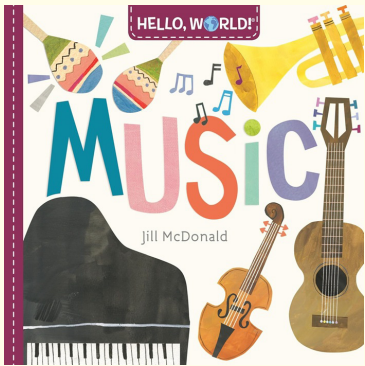
"A mother's arms are made  
of tenderness, and children  
sleep soundly in them." –  
Victor Hugo



# Let's Make Music

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**Book to add to your child's library:** *Hello World! Music*  
by Jill McDonald



## MUSIC & MOVEMENT

### Two Little Feet

Two little feet go tap, tap, tap  
(tap baby's feet)

Two little hands go clap, clap, clap  
(clap baby's hands)

One little body, twirls around.

One quiet body sits back down.

### Open Them, Shut Them

Open them, shut them,  
open them, shut them.

Give a little clap, clap, clap (clap).

Open them, shut them, open them,  
shut them, lay them in your lap.

### Where is Thumbkin?

Where is Thumbkin?

Where is Thumkin?

(Hide hands behind back)

Here I am! Here I am!

(Show left thumb, then right thumb)

How are you today, sir?

(Wiggle left thumb)

Very well, I thank you.

(Wiggle right thumb)

Run away, run away.

(Hide left hand behind back, then right hand)

## BABY GAMES & LANGUAGE

### Sound Imitation Game

Make a simple sound (clap, hum, "ba-ba-ba") and pause to see if baby responds.

### Name That Sound

Introduce one sound at a time and label it:

Shake-shake sound!

Tap-tap sound!

### Body Drum

Gently tap baby's legs, tummy, or arms in rhythm while smiling and narrating.

### Sounds all Around

Listen to the sounds around you and explain the sounds to your child (Ex. "Do you hear the horn?") Sounds are everywhere - car horns, birds singing, babies crying, etc.)

## EXPLORATION

### Introduce Your Child to Different Music

Listen to a different genre of music with your child than you normally listen to. Tribal tunes are great for hearing different drum beats, cymbals, and other instrumental sounds.

### Household Music

Tap wooden spoons on pots (softly!) or crinkle paper to explore different tones.

### Squeak Toys and Rattles

Play with an assortment of squeak toys and rattles. Show your child how to shake the rattles to different beats, how to shake softly, loudly, fast, and slowly.

## RELATIONSHIP BUILDING / BONDING

### Face to Face Interaction:

Whistle for your baby. Sit him on your lap and whistle a tune that he is already familiar with (e.g. Twinkle, Twinkle Little Star). He will watch your mouth in amazement.

### Music & Dance

Play music and dance (or bounce babies) and freeze when the music stops.

### Music Face Time

Sing directly to baby, exaggerating facial expressions and watching their reactions

### Quiet Wind-Down Song

End with a slow, soothing song to signal calm and closeness.



# Bath Time

**Book to add to your child's library:** *Rainbow Bath* by Rachel Halpern



## BABY GAMES & LANGUAGE

### Baby Wash

Give your child a clean, lukewarm towel and watch what he does with it. Depending on your infant's age, he might (a) put it in his mouth, (b) try to squeeze it, (c) pull on it with both hands, (d) wipe a part of his body with it).

### Blow A Kiss

You can teach your baby to give a gift of love as you blow a kiss to her and encourage copying blowing a kiss by spreading open your arms and saying, "Blow mommy a kiss." Help your child copy you. For fun, you can also blow kisses to each other in front of the mirror.

### Bubbles "Pop"

Blow bubbles and encourage baby to pop them, using words like "Pop, pop, pop!" or "Big bubbles!" and "Little bubbles!"

## EXPLORATION

### Bath Bag

Fill a bag with items related to bath time and let your infant explore, removing one item at a time. Likely items to use: bar of soap, a large towel, a small towel, a rubber duckie, a comb. Be sure to name each item as baby plays with it.

## MUSIC & MOVEMENT

### Bath Time

Baby's ready for his bath.  
Here's the baby's tub  
(make circle with arms)  
Here's the baby's washcloth  
(hold hand up, palm flat)  
See how he can rub  
(pretend to rub face)  
Here's the baby's cake of soap.  
(hold hand flat)  
And here's the towel to dry  
And here's the baby's cradle  
(make imaginary cradle and rock it)  
Rock-a-baby-bye.

### This is the Way

(Tune: Here We Go 'Round the Mulberry Bush")  
This is the way we wash our feet,  
wash our feet, wash our feet,  
This is the way we wash our feet  
So early in the morning.  
(Repeat using other body parts: face, hands, arms, etc.).

### The Baby in the Bath

(Tune: Wheels on the Bush)  
The baby in the bath goes splash,  
splash, splash,  
Splash, splash, splash, splash, splash,  
splash,  
The baby in the bath goes splash,  
splash, splash,  
Let's take a bath.

## RELATIONSHIP BUILDING / BONDING

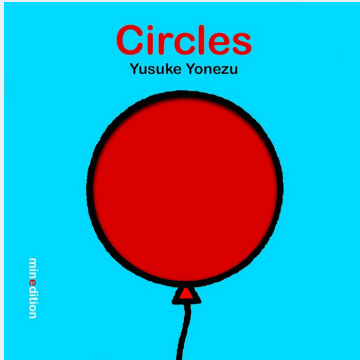
### Peek a Bath

If your baby has never seen you take a shower or bath, now's the time! Use a bouncy chair (or ask hubby to hold him). While bathing, sing your favorite song. The water in the shower and mommy's happy voice will be great entertainment!

### Face to Face Interaction:

Make bath time extra special this week. If your child enjoys baths, spend more time bathing her, being sure to talk gently and announce what you're doing ("now I'm washing your hair; now I'm washing your toes..."). After bath time, give your baby a relaxing rub with baby lotion or oil.

**Book to add to your child's library:** *Circles* by Yusuke Yonezu



## MUSIC & MOVEMENT

### Good Morning

(bouncing and lifting)

Good morning to you,  
Good morning to you,  
Our day is beginning,  
There's so much to do!

### Round and Round

Round and round the garden  
Like a teddy bear  
One step, two step,  
Tickle me under there.  
(tickle your child's armpits).

Round and round the garden  
Like a teddy bear  
One step, two step,  
Tickle me everywhere.  
(tickle everywhere!)

### Round the Circle Goes

Round and round the circle goes,  
Where it stops, nobody knows!  
(Tickle the baby's tummy or hand at the end)

## BABY GAMES & LANGUAGE

### Circles in Books

Share a board book with dots or round pictures and point them out.

### Wheels on the Bus

The wheels on the bus go round and round

Round and round, round and round

The wheels on the bus go round and round

All through the town.

(Roll baby's hands over each other)

The wipers...swish swish swish  
(put baby's arms together in front of you and swish like windshield wipers.)

The door...open and shut  
(Take baby's hands apart, then put them together, as in a clap).

The horn... beep beep beep  
(Pretend to honk a horn)

## EXPLORATION

### Surprise Bag:

Fill a bag with things that are round and let your baby explore: different sized balls, fruit, toy cars with round wheels, etc. Include a picture of a circle and trace the circle with your finger a number of times while saying "around and around".

### Circles Scavenger Hunt

Find circles throughout the house.

## RELATIONSHIP BUILDING / BONDING

### Shared Focus

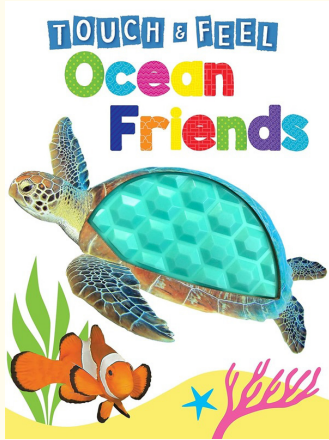
Sit close and explore circles together, following baby's gaze. Use encouraging words:

- You found a circle!
- That's round!



# At the Beach

**Book to add to your child's library:** *Ocean Friends* by Little Hippo Books



## MUSIC & MOVEMENT

**"At the Beach"** (to the tune of "The Wheels on the Bus")

At the beach the waves go swoosh,  
swoosh, swoosh,  
swoosh, swoosh, swoosh, swoosh,  
swoosh, swoosh.

At the beach the waves go swoosh,  
swoosh, swoosh,  
All day long.

### **Splish Splash, Baby**

Splish splash, baby plays,  
Water fun on sunny days.  
Splish splash, hands and toes,  
That's the way the water goes!

### **"Five Little Seashells" (fingerplay)**

Five little seashells lying on the shore,  
One rolled away and then there were four.  
Four little seashells, smooth as can be,  
One rolled away and then there were three...

### **Crabs are Crawling**

(Tune: "Frere Jacques")

Crabs are crawling,  
Crabs are crawling  
On the rocks, on the rocks.  
Watch out for their pinchers,  
Watch out for their pinchers,  
Snap, snap, snap  
Snap, snap, snap!

## BABY GAMES & LANGUAGE

### **Beach Balls**

Have fun with beach balls, tossing and rolling them around.

### **Beach Word Play**

Make picture cards with beach-themed objects. Show baby pictures while slowly saying words: water, sand, sun, splash, seashell. Repeat often and pause for baby's response.

### **Sound Imitation**

Make soft wave sounds (swoooooosh), water drops (plip plop), or splashes (splash!). Pause and copy baby's sounds back.

### **Body Awareness Talk**

While gently touching baby's feet or hands, say: "Toes in the sand."  
"Hands in the water."

### **Where Is...?**

Ask simple questions: "Where is the shell?" Then point and answer: "There it is!"

## EXPLORATION

### **Sand Exploration**

Create edible "sand" (crushed Cheerios or graham crackers) for babies to taste and feel, or use real sand in a shallow tray with soft shells to touch.

### **Ocean Bottle**

Fill small plastic bottles with water, blue food coloring, glitter, and tiny seashells to create a sensory rattle.

### **Water Play**

Use a small basin with shallow water for splashing, dipping toes, and squeezing sponges.

### **Towel Waves**

Gently lift and lower a beach towel with baby lying safely on it to mimic slow waves.

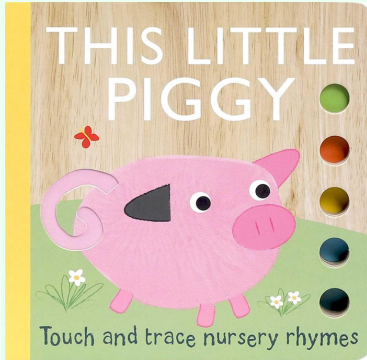
## RELATIONSHIP BUILDING / BONDING

Sit close, hold baby securely, and move slowly through each activity. Let baby set the pace. Watch for cues—wide eyes, relaxed limbs, soft sounds—and respond with warmth and reassurance.

Use comforting language throughout the lesson:  
"I'm right here."  
"You're safe."

"This feels nice."  
Rock baby gently like a wave. Smile. Make eye contact. These peaceful, playful moments help babies associate exploration with trust and love, strengthening your bond while supporting early learning.

**Book to add to your child's library:** *Touch and Trace Nursery Rhymes: This Little Piggy* by Emily Bannister



## MUSIC & MOVEMENT

### **This Little Piggy**

(Use your baby's toes to act this out.)

This little piggy went to the market.  
This little piggy stayed home.  
This little piggy had roast beef.  
This little piggy had none.  
And this little piggy went  
Wee, wee, wee, wee, all the way home.

### **This Little Piggy** (version 2)

(Act out according to words)

This little piggy can wiggle its ears,  
Wiggle its nose,  
And wiggle its toes.  
This little piggy can jump up and  
down, turn around,  
And touch the ground.  
This little piggy can grunt when it's  
sad,  
Squeal when it's mad,  
And oink when it's glad.  
This little piggy can eat very fast,  
Splish and splash,  
Then sleep in the grass

### **Rinky Dinky**

Rinky dinky dinky do,  
This is what the piggies do,  
Rinky dinky dinky do  
Piggies go "oink"  
Listen for the sound:  
Oink, Oink, Oink

## BABY GAMES & LANGUAGE

### **Piggy Ride**

Lay a small, soft blanket or towel over your knee, for your baby's comfort. Seat your baby on your knee, facing you, and hold her arms for support. As you recite the following rhyme, gently bounce your baby up and down.

To market, to market,  
to buy a fat pig,  
Home again, home again,  
jiggety-jig.  
To market, to market,  
to buy a fat hog,  
Home again, home again,  
jiggety-jog.

### **Piggy Body Talk**

Touch baby's toes and say:  
"Piggies! One, two, three, four,  
five, six, seven, eight, nine, ten.  
Ten little piggies!"

## EXPLORATION

### **Soft Pig Friends**

Offer a plush pig or soft animal toy for touching and holding.

### **Pig Scavenger Hunt**

Hunt for pigs! Look all around the house - inside books, on clothing, in your baby's toy chest. Look outside the house at the store (stuffed pigs), etc, being sure to tell your child "here's another pig!" with each pig you find.

## RELATIONSHIP BUILDING / BONDING

### **Face to Face Interaction:**

Play with your infant with a stuffed animal (preferably a stuffed pig since that's the week's theme!) Use a funny voice to make the stuffed animal talk. Make the animal give your baby kisses on each body part, counting to ten as you go (Ex. One kiss on baby's little head, two kisses on baby's ears, three kisses

on baby's knee, etc.)

### **Affirming Words**

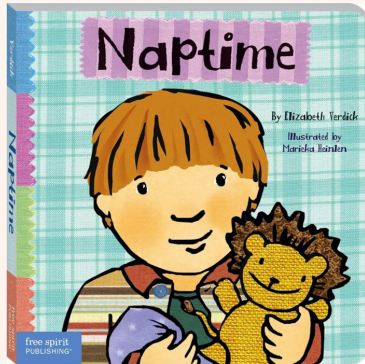
I love your piggies.  
Those are your toes.

### **Storytime**

Read a board book featuring pigs.

# Stuffed Animals

**Book to add to your child's library:** *Naptime* by Elizabeth Verdick



## BABY GAMES & LANGUAGE

### Soft Hello / Soft Goodbye

Wave the stuffed animal and say:

"Hi, bear! Bye-bye, bear!"

"Hi giraffe! Bye-bye giraffe!"  
(and so on)

### Pretend Play - Nap Time

Put your baby's stuffed animals to bed. ("Nap time"). Help baby rock the animals off to sleep and then lie them down on the floor with a pillow and a blanket. Tell them "goodnight" and dim the lights. Come back later when it's time to "wake up" the animals.

### Stuff the Animals

Provide small boxes or crates and help your child stuff the stuffed animals inside, then remove them / dump them out.

## EXPLORATION

### Explore Teddy Bears

Explore your infant's stuffed animals. Name each animal and point to body parts. Turn the animals upside down. Play peek-a-boo games with the animals. Squeeze them, hug them, love them!

### Texture Time

Let baby feel different stuffed animals with varying textures.

### Color Noticing

Point out simple colors:  
Brown bear.  
White bunny.

## MUSIC & MOVEMENT

### Oh Here We Are

(tune "The More We Get Together")

Oh here we are together,  
together, together,  
Oh here we are together,  
together we'll play.  
Here's mommy and (baby's name),  
and (baby's name) and mommy,  
Oh here we are together,  
together we'll play.

### Sun and Moon (lifting game)

(sung to Loop D Loo)

Baby go up to the sun,  
Baby go up to the moon,  
Baby go up to the chimney top,  
Every afternoon.

### Mary Had a Little Lamb

Mary had a little lamb,  
little lamb, little lamb,  
Mary had a little lamb,  
It's fleece was white as snow.  
Everywhere that Mary went,  
Mary went, Mary went,  
Everywhere that Mary went  
the lamb was sure to go.

## RELATIONSHIP BUILDING / BONDING

### Face to Face Interaction:

Play with your baby with a stuffed animal. Use a gentle voice to make the stuffed animal talk. Make the animal give your baby kisses on each body part, counting to ten as you go (Ex. One kiss on baby's little head, two kisses on baby's ears, three kisses on baby's knee, etc.)

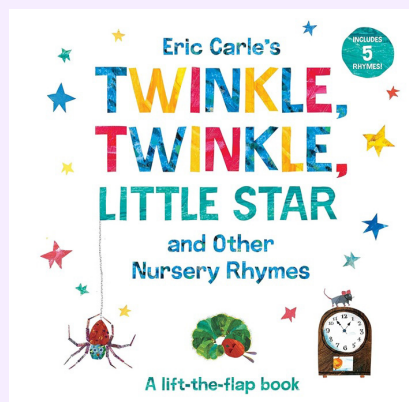
Use warm, steady eye contact and speak softly as you model gentle care for the stuffed animal—hugging it, patting it, or holding it close. Narrate what you're doing in simple language:

"Bear is gentle."

"Bear is soft."

"Mama is gentle too."

**Book to add to your child's library:** *Twinkle Twinkle Little Star* by Eric Carle



## BABY GAMES & LANGUAGE

### Introduce a Star

Introduce the word "star" slowly and clearly during play. Hold baby comfortably and point upward, toward a star image, mobile, or ceiling decoration.

Say the word with warmth and repetition:

- Star.
- Star up high.

Repeat the word several times throughout the interaction, using a calm, steady tone.

### Clap Your Hands

Clap your hands,  
One, two, three.  
(Clap hands three times.)

Then like this,  
Shake 'em free.  
(Shake hands loosely in front of body.)

Bending forward, touch your  
toes, (Bend down and touch toes.)

Then reach up and touch your  
nose! (Stretch arms way up high,  
then touch nose.)

## EXPLORATION

### Blinking Lights

Show your infant lights that blink – on an alarm clock, car, toys, etc.

### Lights On/Off:

Show baby how to switch a light on and off. If he doesn't have the physical strength yet, you can switch the light on/off yourself while saying the words "lights on" and "lights off."

### Star Object Hunt

Hide large, soft cut-out stars around the room and "hunt" for them with infants, putting them into a basket together.

## MUSIC & MOVEMENT

### One Little Star

One little star came out tonight,  
It twinkled and twinkled  
with all of its might.  
Two little stars came out tonight  
They twinkled and twinkled with all of  
their might...  
(Continue up to 5, ending with all  
fingers wiggling).

### Twinkle Twinkle Little Star

(Use your hand in the air slightly  
above baby's head to make a  
"twinkling" motion)

Twinkle, twinkle, little star,  
How I wonder what you are!  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle, little star,  
How I wonder what you are!

### Fuzzy Wuzzy

Fuzzy Wuzzy was a bear  
Fuzzy Wuzzy had no hair  
Fuzzy Wuzzy wasn't fuzzy, was he?  
Was he bare?

## RELATIONSHIP BUILDING / BONDING

### Face to Face Interaction:

Hold baby snug in your  
arms and hum a lullaby to  
him.

Star" to your baby when you  
pass the lights.

### Starry Ceiling Sensory Time

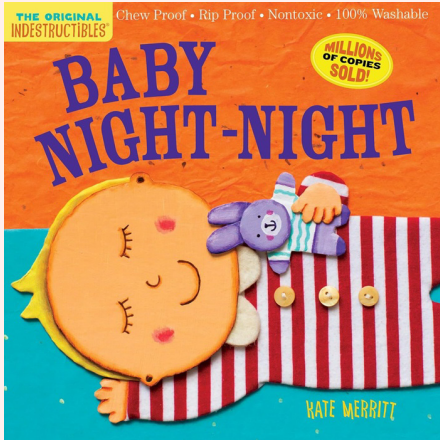
Hang small, twinkling,  
battery-operated fairy lights  
(blue/white) from the ceiling  
or over a changing  
table/resting area to create  
a calming, starry ambiance.  
Sing "Twinkle Twinkle Little



"I did not give you the gift  
of life, life gave me the gift  
of you."



**Book to add to your child's library:** *Baby Night Night* by Amy Pixton



## MUSIC & MOVEMENT

### Zoom Zoom Zoom

(bouncing on mommy's lap)

Zoom, zoom, zoom,  
We're going to the moon.  
Zoom, zoom, zoom,  
We're going to the moon.  
If you wanna take a trip,  
climb aboard the rocketship.  
Zoom, zoom, zoom,  
we're going to the moon!

### The Grand Old Duke of York

(Start with baby on your lap facing away from you, and you're holding on to baby ready to pick him up)

The grand Old Duke of York  
He had ten thousand men  
He marched them up to the top of the hill  
(lift baby up high)  
And he marched them down again  
(put baby down low)  
And when you're up, you're up  
(lift baby up high)  
And when you're down, you're down  
(put baby down low)  
And when you're only halfway up  
(lift baby halfway up)  
You're neither up nor down.

## BABY GAMES & LANGUAGE

### Hold baby close and say:

"Hi, sweet baby. Today we're going to play with paper."

### Shopping Bag Fill & Dump

Provide bags with handles and small boxes and manipulatives. Show baby how to pick up items and fill the bags with various objects after they have been dumped out.

### Stuffed Sacks to Carry

Create "blocks" by stuffing paper bags with crumpled newspaper and taping with wide packing tape. Your child might enjoy moving and carrying the paper blocks.

### Paper Bag Toss

Show baby how to crumple used notebook paper or newspaper into balls and drop the balls into a basket.

### I See You!

Play peek-a-boo with baby, using newspaper to hide your face.

"Where's mama?"

Lower it and smile:

"There you are!"

## EXPLORATION

### Flour Pat

Put a thin layer of flour at the bottom of a plastic tub. Place the baby's hand in the tub. (Supervise closely.)

### Types of Paper

Give your infant different types and different colors of paper to feel and explore: toilet paper, paper towels, paper plates, brightly colored construction paper, wax paper (used for cooking), etc.

## RELATIONSHIP BUILDING / BONDING

### Hugs & Kisses

Sit with your infant and exchange hugs and kisses – kisses on eyes, noses, ears, belly (raspberries), etc.)

"Paper can be quiet."

"All done playing."

### Calm-Down Moment

Switch to a quieter paper (tissue or coffee filter). Move it slowly and softly while speaking in a calm voice. You might say:



# In the Garden

**Book to add to your child's library:** *Garden Time* by Jill McDonald



## MUSIC & MOVEMENT

### Wiggle Worm

(tune: Did You Ever See a Lassie?)

Did you ever see a wiggle worm,  
A wiggle worm, a wiggle worm?  
Did you ever see a wiggle worm  
Move this way and that?  
Move this way and that way,  
Move this way and that way.  
Did you ever see a wiggle worm  
Move this way and that?

### Little Seed

Little seed in the ground  
(crouch down, hands covering head)  
Sitting so still.  
Little seed, will you sprout?  
YES, I will!  
(jump up)

### Mud Mix

Mix the mud.  
(make stirring motion)  
Squish the mud.  
(make squishing motion with fingers)  
Squash it with your feet.  
(stand on balls of feet and twist)  
Squishy, squashy, squooshy mud.  
(pretend to make a mud pie)  
Mud is really neat!  
(hold up hands, palms out)

## BABY GAMES & LANGUAGE

### Potato Hop

Use brown sheets of paper to cut out 10 large potato shapes. Tape the potato shapes to the floor in a straight line or a circle, spacing them just a small step apart.

Hold baby securely under the arms or around the torso so their feet touch the floor.

Starting at potato number one, gently help baby bounce or hop from one number to the next.

As you move from potato to potato, chant the rhyme in a fun, sing-song voice:

*One potato, two potato,  
Three potato, four,  
Five potato, six potato,  
Seven potato, more.*

*Eight potato, nine potato,  
Here is ten.*

*Now let's start all over  
again!*

## EXPLORATION

### Garden Exploration

Let your baby discover the texture of a flowery by gently touching a petal.

### Sensory Exploration in the Garden

- Gently brush a leaf or flower against baby's hand
- Let baby feel grass or leaves
- Hold baby near flowers so they can see colors and smell softly
- Sit baby on a blanket outdoors and listening to birds or wind

## RELATIONSHIP BUILDING / BONDING

### Slow Down

Hold your baby close and let the world slow down for a moment. Notice what captures their attention: the way their eyes track light through leaves, how their fingers curl around yours, the quiet stillness that happens when they feel safe.

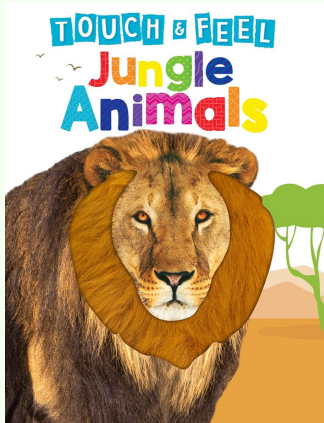
say:

"I see what you're looking at."  
"You're curious."  
"I'm right here with you."

You might say: You might

# Jungle Gym

**Book to add to your child's library:** *Touch and Feel Jungle Animals* by Little Hippo Books



## BABY GAMES & LANGUAGE

### Cushion Climb

Place cushions or pillows, blankets, etc. around the room and let your baby crawl over this obstacle course.

### Hide in Laundry

Let your child sit up in a pile of clean clothes. The clothes should be light pieces such as socks, underclothes, or cloth diapers. Let him enjoy picking up the various pieces and help him hide in the laundry.

### Baby Bounce

Sit in the bed with your child standing facing you, and bounce him up and down while singing "bounce bounce bounce", "high and low" and "up and down" you go.

### Tunnel Time

If baby is crawling, sit on the other side of a tunnel or box and call:

"Come to mommy!"

Celebrate every effort, big or small.

## EXPLORATION

### Show your baby

jungle-themed animals in books and let your child explore jungle-themed stuffed animals – lions, monkeys, snakes, giraffes, etc. Be sure to name each animal as your child plays with it.

### Field Trip

Take your baby on a trip to the park or indoor playground to climb, play, slide, and swing.

## MUSIC & MOVEMENT

### Humpty Dumpty (lifting game)

*Stand and hold your child on the bed, a chair, etc., and sing:*

*Humpty Dumpty sat on the wall  
Humpty Dumpty had a great fall.  
Ready?*

*1 - 2 - 3*

*On the count of three, lift your baby high in the air and slowly swoop him back down.*

### These Are Baby's

*Touch fingers, toes, bellybutton as you chant.*

*These are baby's fingers  
These are baby's toes,  
This is baby's bellybutton  
Round and round it goes.*

### Itsy Bitsy Spider

*The itsy bitsy spider  
climbed up the waterspout.  
Down came the rain  
and washed the spider out.  
Out came the sun  
and dried up all the rain,  
And the itsy bitsy spider  
climbed up the spout again.*

## RELATIONSHIP BUILDING / BONDING

### You've Got This

Jungle gym play is about trust and encouragement. Stay close and position yourself where baby can see your face. Your smile and calm presence give baby the confidence to try new movements.

Notice baby's cues: When they hesitate, you wait. When they try, you cheer. When they tire, you comfort. Use reassuring words: "I've got you." "You're safe."

"I'm right here."

Every supported climb, crawl, and reach teaches baby that challenges are manageable when a trusted adult is nearby.

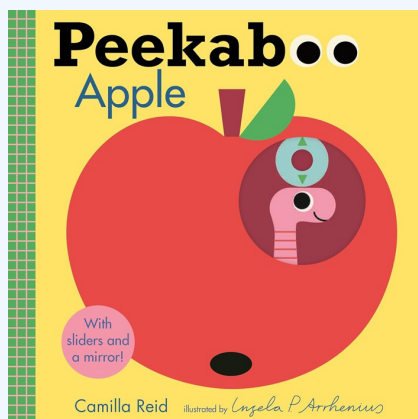
### Baby Massage

After so much exercise, your baby is ready for a slow massage. Gently rub his arms, legs, feet, and back, (use baby oil or lotion if desired) and hum him a lullaby.



# Apples and Red

**Book to add to your child's library:** *Peekaboo Apple* by Camilla Reid



## BABY GAMES & LANGUAGE

### Hold the Apple

Give your baby a large red apple and let her practice holding the apple in her hands. Keep handing it to her if she drops it. Reach for it and ask "can Mommy have the apple?" and help her practice handing it to you.

### Can You Get It

Tease your baby – yes, but for only a minute! Pretend to hand her an apple. When she reaches out for it, move the apple away. Move it in front of her, to her side, above her head, etc. She's practicing her hand-eye coordination!

### Red Treasure Hunt

Hunt for treasures with your baby – anything red that you can find around the house. Help your baby find red apples, red shirts, red books, red shoes, and red teddy bears.

### Words to introduce:

red  
apple

## EXPLORATION

### Five Apples A Day

Sit your baby on the floor with several different colored apples, bananas, and oranges and help her use as many senses as she can to explore each of them.

### Applesauce Splash

Cover the floor with newspapers and then give your child a clean pan with applesauce in it. Let him saturate his hands with sauce, make splashes, and eventually (of course) hand-feed himself.

## MUSIC & MOVEMENT

### Sippity Sup

Sippity sup, sippity sup,  
Apples and milk from a china cup,  
Apples and milk from a silver spoon  
Made from a piece of the silver moon.  
Sippity sup, sippity sup,  
Sippity, sippity sup.

### Apples

(sung to tune of "Are you Sleeping?")

Picking apples  
picking apples  
one by one  
one by one  
Put them in a basket  
Put them in a basket  
Oh what fun!  
Oh what fun!

### Criss Cross Applesauce

Criss cross applesauce,  
A cool breeze,  
A tight squeeze,  
And a tickle tickle tickle  
as you please.

### Apple in the Tree

(tune of "Twinkle, Twinkle, Little Star")

Apple, apple in the tree,  
Red and round for you and me.  
Shake, shake, down you fall,  
Little apple, small and tall.  
Apple, apple, red and sweet,  
What a fun fruit for us to meet!

## RELATIONSHIP BUILDING / BONDING

### Face to Face Interaction:

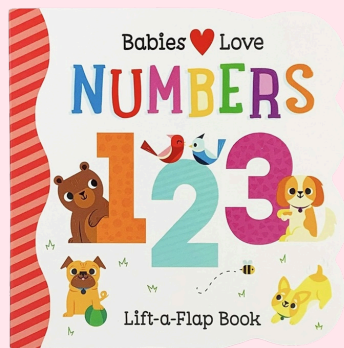
relax and comfort your child after a busy afternoon.

Undress your child and give him a warm sponge treatment. Take a sponge or face towel, dip it in warm water from a pot, and touch your child on his face, his neck, his back, his feet, his shoulders. You will have to keep dipping and wringing out the towel to keep it warm. This activity will help

# That Makes Five

WoodlandsMommy.com  
WoodlandsMommy.com Infant Lesson Plan

**Book to add to your child's library:** *Baby Loves Numbers 1, 2, 3* by Cottage Door Press



## MUSIC & MOVEMENT

### Five Fat Peas

Five fat peas in a pea pod pressed  
(hold hand in a fist)

One grew, two grew, and so did all the rest

(put fingers up one by one)

They grew and grew

(raise hand in the air very slowly)

And did not stop,

Until one day

The pod went POP!

(clap hands together)

### Here's a Ball

Here's a ball

(make ball with thumb and index finger)

And here's a ball

(make ball with other thumb and index)

A great big ball, I see

(put arms up and touch fingers over head)

Shall we count them?

Are you ready?

One, Two, Three

(make all three balls in succession)

### Wiggle Song

I wiggle wiggle wiggle my fingers

I wiggle wiggle wiggle my toes

I wiggle wiggle wiggle my shoulders

I wiggle wiggle wiggle my nose.

Now no more wiggles are left in me,

So I will be as still as can be.

## BABY GAMES & LANGUAGE

### That Makes Five

Use 5 medium-sized items such as a washrag, yarn ball, small cup, or set of keys. Sit on the floor with your baby and put an object in each hand. Offer a third, fourth, and fifth object, and let your baby figure out how to put down a toy in order to pick up another.

Variations: (1) Ask your baby to give you a toy. (2) Put all 5 in front of your baby and don't offer any directions.

### Unwrap It

Babies love to unwrap boxes, so cater to that joyful activity by wrapping a few to be torn open. Enclose small favorite belongings like blankets, books, or toys. Use newspaper comics instead of wrapping paper.

Variation: Wrap a few pieces of cereal or crackers inside. Yum!

### Blanket Ride

Place your little one and a favorite stuffed animal on a blanket that's laid out on the floor. Give your child a ride by pulling the blanket through the house. Talk about what you're doing as you pull "We're going fast... slow... around in a circle, etc."

## EXPLORATION

### Touch and Tell

Provide your infant with soft blocks that have the numbers 1 to 5 written on them. If you don't have any blocks, you can make the numbers with felt cloth or from an old baby blanket. Lay the numbers out for your child to play with, and each time he picks one up, say the number for him.

## RELATIONSHIP BUILDING / BONDING

### Five Kisses

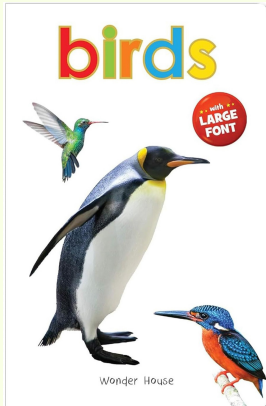
Tell your baby "Mommy wants one kiss," then proceed to kiss him one time. Then say "Now, mommy wants two kisses," then kiss him two times, counting each kiss.

Continue until you get to five kisses, kissing your baby five times.

### Tickle Time

If your baby likes tickles, play with her on the bed with tickles everywhere. Sometimes, lift your hand to pretend to make a tickle, then stop as your baby squeals in anticipation.

**Book to add to your child's library:** *Birds* by Wonder House Books



## MUSIC & MOVEMENT

### Who's Here Today?

(Tune: The Farmer in the Dell)

\_\_\_\_\_'s here today,  
\_\_\_\_\_'s here today,  
I'm so glad that \_\_\_\_ is here,  
I think I'll shout Hurray  
(Hurray!)

### Tweet Tweet Tweet

(tune: Mary Had a Little Lamb)

Little birds go tweet tweet tweet,  
tweet tweet tweet,  
tweet tweet tweet,  
Little birds go tweet tweet tweet  
Tweet tweet tweet all day.

### Two Little Blackbirds

Two little blackbirds sitting on a hill,

(close fists, extend index fingers)

One named Jack, one named Jill

(talk to one finger; talk to other finger)

Fly away Jack. Fly away Jill.

(toss index fingers over shoulder separately)

Come back, Jack. Come back, Jill.

(bring back hands separately with index fingers extended)

## BABY GAMES & LANGUAGE

### Bird Kisses

Bring the fingers of one of your hands together as though it's a mouth opening and closing. Make chirping and tweeting sounds while your hand flies through the air in search of different body parts to kiss on your baby.

### Fly Away Bird

Help your infant to "fly" by lifting both his wings (arms) gently and flapping them while you sing "fly away, little birdie, fly away!" If your child is old enough, see if he can practice doing this without your help.

### Let's Soar

Hold your baby tightly around her waist as she faces outward (away from you). Glide her through the air as though she's a bird flying. Say the words as you go: "Fly high" "Fly low" "Fly fast" "Fly slow" "Fly up" "Fly down" "Fly all around" "Weeeeee!"

## EXPLORATION

### This is a Bird

Show your baby pictures of birds. Stick to simple illustrations of birds that are only one or two colors each, such as this red bird. Repeat the word "bird" to your child as you go through the pictures.

### Look for Birds

Enjoy an early morning stroll in the front yard or down the street while you look for real life birds. If you're unable to spot a bird or two in close range, it might be time to visit the local pet store. Your baby is sure to enjoy the quick wing-fluttering of the hummingbirds and finches.

## RELATIONSHIP BUILDING / BONDING

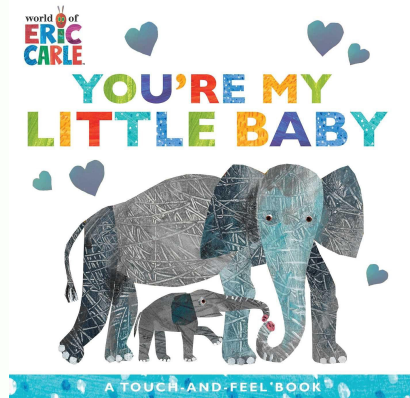
### Feather Tickle

Show your baby a brightly colored feather - you can find one at the local crafts market such as Michael's or Hobby Lobby. Play with your baby by gently tickling her toes, nose, hands, and face. Be sure to help her rub/scratch her tickling spots if she needs assistance!

# Fee, Fie, Fo, Fum!

WoodlandsMommy.com  
WoodlandsMommy.com Infant Lesson Plan

**Book to add to your child's library:** *You're My Little Baby* by Eric Carle



## BABY GAMES & LANGUAGE

### Squeeze the Sponge

Give your child a sponge to squeeze, filled with water. (Make sure the sponge and water are clean, as he will probably try to put it in his mouth).

### Fee Fie Fo Drums!

Make a soft drum for your child by using the bottom of an oatmeal cylinder or plastic storage dish. Practice beating the "drum" fast, slow, hard, and soft.

### Let 'Em Fall

Take a deck of cards and count aloud to three. Then, throw the cards up in the air (away from your child) and say, "It's raining cards!" Your child will no doubt crack up as the cards fall down around her. (You can substitute the cards with large bits of torn paper.)

### Empty Shoe Box

Give your child an empty shoe box with some small (but not small enough to choke on) objects to put inside and dump out again. Suggestions: plastic spice jars, tennis balls, apples.

## EXPLORATION

### Scavenger Hunt

Go through the house with your baby and help him find all the hands in the house. Find your hand, baby's hand, daddy's hand, hands on any stuffed animals or dolls, hands in books, etc.

Encourage your baby to move along to music, dancing, rocking, clapping, nodding or whatever. The more active involvement, the better.

## MUSIC & MOVEMENT

### Fee Fie Fo Fum

Fee fie fo fum  
See my finger,  
See my thumb,  
Fee fie fo fum,  
See my finger  
Here it comes!  
(gently tickle your child)

### It's Raining, It's Pouring

(Clap baby's hand to rhyme)  
It's raining, it's pouring  
The old man is snoring  
He bumped his head  
When he went to bed  
And couldn't get up in the morning.

### I'm A Little Teapot

I'm a little Teapot  
Short and stout,  
Here is my handle,  
Here is my spout.  
When I get all steamed up  
hear me shout,  
Just tip me over  
and pour me out.

## RELATIONSHIP BUILDING / BONDING

### Let's Talk

As you are walking in the park, talk about the birds chirping, the kids on the swings and the dogs running. What sounds does the bird make? What is the child making in the sandbox? What color is the sky?

While shopping, talk about the fruits, vegetables and all your baby's favorite foods.

What shape is the orange?  
What does the onion smell like?

As you bathe him, name his body parts and talk about how the water feels warm and the bubbles "pop."  
Where are Baby's toes?  
Where did the bubble go? Is the water getting colder?



**Book to add to your child's library:** *Little Yellow Bee* by Ginger Swift



## MUSIC & MOVEMENT

### Baby Bumblebee

I'm bringing home a baby bumblebee,  
Won't my mommy be so proud of me,  
(Cup hands together as if holding bee)

I'm bringing home a baby bumblebee,  
Ouch! It stung me!  
(Shake hands as if just stung)

### Buzzing Around the Room

(tune: "When Johnny Comes Marching Home")

A bee is buzzing round the room,  
Buzz buzz, buzz buzz.

A bee is buzzing round the room,  
Buzz buzz, buzz buzz.

He'll buzz around the room once more,  
And then he'll buzz right out the door.  
And we'll all be glad when  
He is gone once more.

### Here is the Beehive

Here is the beehive. Where are the bees?

(hold up fist)

Hidden away where nobody sees.

(move other hand around fist)

Watch and you'll see them come out of the hive

(bend head close to fist)

One, two, three, four, five.

(hold fingers up one at a time)

Bzzzzzzzz... all fly away!

(wave fingers)

## BABY GAMES & LANGUAGE

### Buzzy Bee

Communications can be fun when they are silly. While holding your baby on your lap, move your fingers around in the air and make a buzzing sound. Make the buzzy bee land on your baby's tummy with a tickle. Repeat for as long as your baby is interested.

### Catch the Bee

Tie a piece of yarn to a ruler or a pencil, and hook a "fake bee" to the other end of the yarn (the fake bee can be a bit of tissue, orange construction paper, etc.). Hold up the pencil so that the bee hovers around your child's head/face. Make the buzzing sound, increasing the volume when the bee gets closer to your child's ears. Invite your child to swat at or catch the bee.

## EXPLORATION

### Give Your Baby The Floor

Put your baby down on a quilt or a thick blanket on top of the floor to play. Wonderful baby toys for this age group include:

Baby board books created out of sturdy cardboard

Plastic toy versions of household items such as key rings or phones.

Sturdy toys made out of cloth like dolls, animals and even cars.

Pop-up boxes and other cause and effect toys.

Containers to fill and empty.

Stackable toys like blocks in larger sizes.

Bath toys for indoor water play.

Push-pull toys like walking animals or plastic ball poppers.

## RELATIONSHIP BUILDING / BONDING

### Face to Face Interaction:

your attention, smiles, and laughter.

Take your baby's hand and run it gently over your mouth, hair, eyes, and nose, talking about what you are doing. Repeat, using your hand on your baby's face. Watch carefully and repeat any sounds the baby makes, responding enthusiastically with

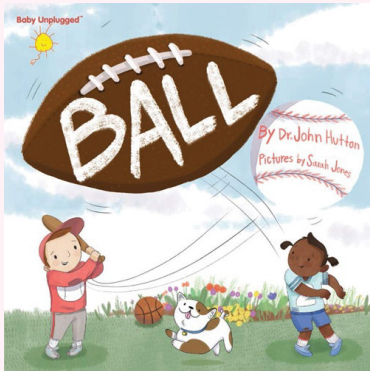
Bounce baby to the rhythm of your words, particularly as you repeat phrases and sounds.

Use nursery rhymes as you play.

"You are my sun, my moon,  
and all of my stars."  
E.E. Cummings



**Book to add to your child's library:** *Ball* by Dr. John Hutton



## BABY GAMES & LANGUAGE

### Ball Talk

Sit face-to-face with your baby and hold a soft ball. Use simple, repetitive language:

"Ball."

"Round ball."

"Roll the ball."

"Bounce!"

"Stop."

"Go!"

### Rolling Game

Sit on the floor with baby supported. Slowly roll the ball toward them.

Say: "Here comes the ball!"

Help baby touch or stop the ball with their hands.

## EXPLORATION

### Ball Exploration

Offer 2–3 different balls, such as a soft fabric ball, a textured sensory ball, and a lightweight rubber or foam ball. Let baby: touch, squeeze, mouth (as appropriate), watch the ball roll or bounce.

For younger infants, gently roll the ball across their field of vision to support visual tracking.

### Reach for Ball

Place a ball just out of reach to encourage stretching or early scooting.

## MUSIC & MOVEMENT

### Balls

*Here's a ball*

(make ball with thumb and index finger)

*And here's a ball*

(make ball with other thumb and index)

*A great big ball, I see*

(put arms up and touch fingers over head)

*Shall we count them?*

*Are you ready?*

*One, Two, Three*

(make all three balls in succession)

### Roll, Roll, Roll the Ball

(Tune: "Row, Row, Row Your Boat")

*Roll, roll, roll the ball*

*Gently on the floor*

*Watch it roll and watch it stop*

*Roll it once more!*

### Wiggle Your Fingers

*Wiggle your fingers, wiggle them so*

*Wiggle them high, wiggle them low*

*Wiggle them left, wiggle them right*

*Wiggle them, wiggle them out of sight*

### Playing Peek A Boo

*Baby's gone, Where is she?*

(Cover your eyes with hands.)

*Peek-a-boo! Now I see.*

(Take hands away and 'find' baby.)

*Gone again, Where'd she go?*

(Cover your eyes with hands.)

*Peek-a-boo! I found her toe!*

(Tickle baby's toes.)

## RELATIONSHIP BUILDING / BONDING

**Face to Face Interaction:** sounds.

Hold baby on your lap and gently roll the ball between your hands.

Narrate warmly:

"I'm rolling the ball with you."

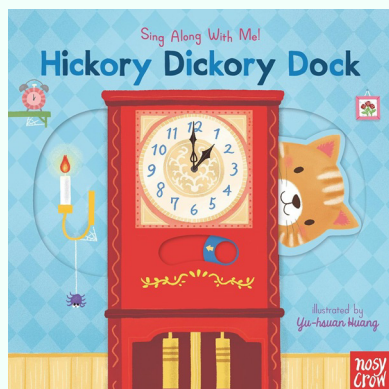
"I see you watching the ball."

"You like the red ball!"

Make eye contact, smile, and respond to baby's



**Book to add to your child's library:** *Hickory Dickory Dock* by Yu-hsuan Huang



## MUSIC & MOVEMENT

### The Clock

The little clock goes tick tick,  
Tick tick, tick tick,  
The big clock goes ding dong,  
ding dong, ding dong.  
(Lift and swing baby side to side).

### Hickory Dickory Dock

Hickory dickory dock,  
The mouse ran up the clock,  
The clock struck one,  
The mouse ran down,  
Hickory dickory dock.

### Are You Sleeping?

Are you sleeping,  
Are you sleeping?  
Brother John?  
Brother John?  
Morning bells are ringing,  
Morning bells are ringing,  
Ding ding dong,  
Ding ding dong.

### This Is the Clock

This is the clock that goes tick tick  
(tap baby's hands gently)  
It tells us when to rest and rock  
Tick tick, tick tick, day and night  
Time for play feels just right

## BABY GAMES & LANGUAGE

### Tick Tock Talk

Hold baby close and speak slowly and clearly:

"Tick tock."

"The clock goes tick. The clock goes tock."

### Listening Game

Make a quiet "tick... tock..." sound. Watch baby's eyes and face. Respond: "You heard the tick tock!"

### Hide and Squeak

Select a toy that makes a squeaky noise or jingles. Allow your child to see and hear the toy by holding it in front of him. Then hold the toy behind your back. Ask your child, "Where is (the name of the toy)?" Squeak or jingle the toy so that your child can hear it. Then reveal it by saying, "There it is!"

## EXPLORATION

### Hear That?

Small children love to hear the sounds of their own voices. Recording them can supply entertainment and memories.

When Baby is on a roll and babbling away, press "Record" on your voice memos app in your phone. Keep recording until you feel you've captured the moment or Baby turns to another activity.

Do this at different times during the day, because Baby's sounds change with his moods.

Entertain Baby by playing the sounds back for him. Hearing himself is fascinating and will encourage him to try and imitate the sounds he's hearing.

## RELATIONSHIP BUILDING / BONDING

### Face to Face Interaction:

Hold baby chest-to-chest and gently rock. Match your movement to a slow "tick... tock" rhythm. Whisper loving narration:

"I'm rocking you."

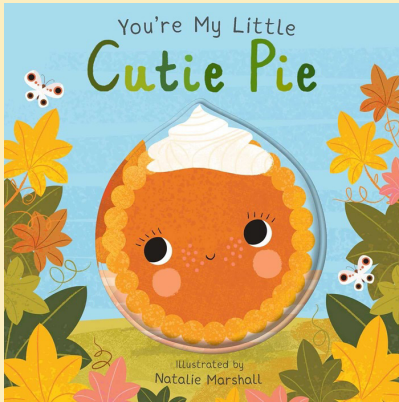
"You are safe."

"I'm right here."



# I Am Thankful

**Book to add to your child's library:** *You're My Cutie Pie*  
by Nicola Edwards



## BABY GAMES & LANGUAGE

### Grasp & Give

Offer an item and say "thank you" when baby hands it back (or drops it!). This gently introduces social language without expectation.

### Clapping Game

*Clap your hands while singing this song. See if your baby will follow along:*

Clap, clap, clap your hands,  
Clap your hands together.  
Clap, clap, clap your hands,  
Clap your hands together.

### Go Find It

Place a mini pumpkin on the floor, partially covered with a blanket. Encourage baby to go find the toy (Ex: "John look, let's go find the pumpkin. Look, the pumpkin is on the floor." Encourage him to keep walking or crawling to the pumpkin until he ultimately reaches it.

### Peek-a-Boo Gratitude

Play peek-a-boo with a scarf or blanket, saying:  
"I'm thankful for YOU!" when you reappear.

## EXPLORATION

### Pumpkin Patch

Take your child to a pumpkin patch (either a real one or a small "makeshift" pumpkin patch you can find at grocery stores this time of year. Point out the pumpkins to your child. How round, how big, how orange! Let him touch and feel a pumpkin, and if possible, purchase a mini-pumpkin to bring home.

### Thankful Basket

Fill a soft basket with safe items connected to gratitude:

- Soft turkey or fall plush
- Small blanket (thankful for warmth)
- Baby-safe mirror (thankful for you!)
- Crinkle fabric or textured cloth

## MUSIC & MOVEMENT

### This Is What I'm Thankful For

*(spoken rhyme)*

Thankful for my hands (wiggle hands)  
Thankful for my toes (touch toes)  
Thankful for my hugs (hug baby)  
And thankful for my nose! (touch nose)

### I'm a Little Pumpkin

*(Tune: I'm a Little Teapot)*

I'm a little pumpkin  
Orange and round.  
Here is my stem  
There is the Ground!  
When I get all cut up  
Don't you shout!  
Just open me up  
And scoop me out!

### Mr. Turkey

Hello, Mr. Turkey, how are you?

*(Wave hello)*

So big and fluffy, is it true?

*(Puff up cheeks)*

Are you hiding from Thanksgiving Day?

*(Nod head)*

Because everyone wants you on a tray!

*(Put hands together as if carrying a tray)*

## RELATIONSHIP BUILDING / BONDING

### Thankful Talk

Hold baby close and say:

"I am thankful for you."

"You are safe."

"You are loved."

Babies don't understand the words yet, but they deeply feel the tone.

### Baby Greetings

Get your child used to greeting the people around him - mom, dad,

grandparents, friends, etc.

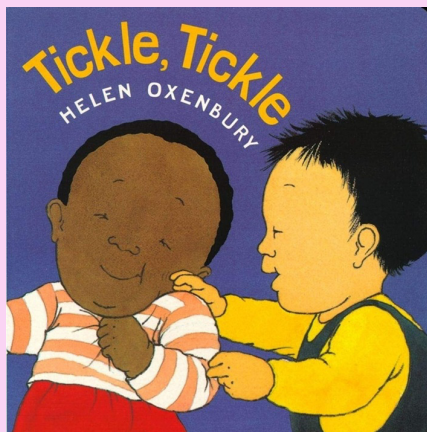
When daddy comes home, say "Oh, who's here?"

Daddy's here! Let's go say hi." Meet Daddy at the door with a big hello. When

someone leaves your home, tell your baby

"Grandma (or whoever) is leaving. Let's say goodbye. Wave bye."

**Book to add to your child's library:** *Tickle Tickle* by Helen Oxenbury



## MUSIC & MOVEMENT

### Round and Round the Garden

*Gently circle baby's tummy or palm with your finger. Pause before the last line, then give a very soft tickle under the chin, on the tummy, or on the toes.*

Round and round the garden,  
Like a teddy bear.  
One step, two step,  
Tickle you under there!

### Baby Horsie Ride

*(bounce baby on your knee to the rhyme)*

See the baby on her horsie  
bouncing everyday.  
Faster and faster  
She gallops away.

### Baby Baby Dumpling

Baby baby dumpling,  
Boil him in the pot,  
Butter him and sugar him  
And eat him while he's hot.

### Tickle, Tickle, Little Star

*(Tune of "Twinkle, Twinkle, Little Star")*

Tickle, tickle, little star,  
You know just how special you are.  
Tickle toes and tickle feet,  
Tickle cheeks so soft and sweet.  
Tickle, tickle, little star,  
You know just how loved you are.

## BABY GAMES & LANGUAGE

### Tickle Time

(Follow baby's cues—tickles should always be light, loving, and optional)

- **Anticipation Tickles**  
Slowly move your fingers toward baby while smiling and saying, "Here they come..." Pause before touching to build excitement and awareness.

- **Peek + Tickle**  
Play peekaboo and follow with a tiny tickle under the chin or on the tummy.

- **Wiggle Games**  
Gently wiggle baby's feet, hands, or shoulders while naming body parts: "Here are your toes... here are your knees!"

- **Laugh & Copy**  
When baby giggles or squeals, imitate the sound. This builds early communication and turn-taking.

### Movement & Sensation

Light bouncing on your lap or slow side-to-side rocking paired with playful words like "up," "down," "wiggle," and "tickle."

## EXPLORATION

### Stuffed Toys

Play with a variety of stuffed toys and soft dolls with your baby. Explore the textures of the soft toys. Add a baby blanket, a play bottle, and a baby brush to expand play. Play peek-a-boo with the toys by hiding them under the blanket.

### Soft Touch Exploration

Use different textures (feather, soft cloth, parent's fingertips) and gently brush baby's arm or leg while watching their reaction.

### Mirror Giggles

Let baby look at themselves in a baby-safe mirror while you smile, talk, and laugh together.

## RELATIONSHIP BUILDING / BONDING

### Silly Face Peek-A-Boo

A smile, a frown, a look of surprise -- your child will love seeing all of the different kinds of faces that you can make.

Have your child face you in a seated position. Holding a small towel between the two of you to conceal your face, say, "Peek-a-boo, I

see..." As you lift the towel say, "a smile!" (or the name of the facial expression).

Try These:

- Smile
- Frown
- Grimace
- Laugh
- Tongue
- Wrinkled-up Nose

**Book to add to your child's library:** *Touch and Feel Fall* by Scholastic



## MUSIC & MOVEMENT

### Leaves Are Falling

(Tune of "Twinkle, Twinkle, Little Star")

Leaves are falling, one by one,  
Autumn time is so much fun.  
Red and yellow, orange too,  
Falling gently down to you.  
Leaves are falling, one by one,  
Autumn time is so much fun.

### This Is the Way the Leaves Fall Down

(Tune of "Here We Go Round the Mulberry Bush")

This is the way the leaves fall down,  
Leaves fall down, leaves fall down.  
This is the way the leaves fall down,  
All through the autumn day.

(Add motions: slow falling hands, soft tickles on baby's legs.)

### Pumpkin, Pumpkin

(simple chant)

Pumpkin, pumpkin, big and round,  
Pumpkin, pumpkin, on the ground.  
Roll it, pat it, give a squeeze,  
Pumpkin time is such a tease!

## BABY GAMES & LANGUAGE

### Autumn Word Play

Say and repeat gentle seasonal words: leaf, fall, cozy, cool, pumpkin, orange. Pause between words and watch baby's mouth and eyes.

### Leaf Drop Game

Gently drop a soft fabric leaf or scarf above baby and say, "Down it falls!" Encourage eye tracking.

### Texture Touch

Let baby touch soft fall-themed items: a cozy blanket, knit fabric, plush pumpkin, or soft leaf cutouts.

### Color Talk

Point out warm colors: "This leaf is orange. Orange leaf!"

## EXPLORATION

### Sensory Basket (Fall Edition)

Include soft fabric leaves, a small plush pumpkin, a smooth pinecone (large and baby-safe), and a cozy scarf. Sit with baby and explore one item at a time.

### Nature Sounds

Quietly mimic fall sounds: whoosh (wind), crunch (leaves), tap tap (acorns). Keep sounds soft and rhythmic.

### Outdoor Moment

(weather permitting)  
Step outside for a brief cuddle walk. Talk about the breeze, trees, and sky.

## RELATIONSHIP BUILDING / BONDING

### Face to Face Interaction

Hold baby close during songs and sensory play.

Make eye contact and smile while naming what baby is seeing and feeling.

Use reassuring language:

"You're safe."

"I'm right here."

"I love being cozy with you."

These shared moments help babies associate learning with warmth, comfort, and trust.

# Pillow Playground

WoodlandsMommy.com  
WoodlandsMommy.com Infant Lesson Plan

**Book to add to your child's library:** *Hello Bedtime* by Duopress Labs



## BABY GAMES & LANGUAGE

### Soft Pillow Stack

Provide 2–3 small, lightweight pillows or cushions. Let baby touch, pat, and explore the soft surfaces while sitting or during tummy time.

### Pillow Roll & Return

Gently roll a soft pillow toward baby and say, “Here it comes!” Pause, then roll it back. Encourage eye tracking and anticipation.

### Pat the Pillow

*Pat a pillow together or guide baby's hands gently.*

Pat the pillow, pat, pat, pat,  
Soft and squishy—imagine that!  
Pat it gently, nice and slow,  
Time to rest and time to go.

### Pat & Press Play

Let baby press down on a pillow with hands or feet. Narrate the experience: “Push, push... soft pillow!”

## EXPLORATION

### Pillow Playground

Make a fun play area entirely out of sofa cushions or pillows. Gather assorted blankets, pillows, cushions and bolsters, and arrange in a room with plenty of play space that's free of things that can fall on baby if nudged. Build hills to climb, tunnels to crawl through, and obstacle courses to traverse. Place favorite toys throughout the space to encourage your child to move around. (As always, never leave your child unattended during playtime.)

## MUSIC & MOVEMENT

### Pillow, Pillow, Soft and Small

(Tune of “Twinkle, Twinkle, Little Star”)

Pillow, pillow, soft and small,  
Here to catch me if I fall.  
Rest my head and close my eyes,  
Dreaming dreams up in the skies.  
Pillow, pillow, soft and small,  
Snuggle close and rest us all.

### Up on the Pillow, Down to the Mat

(Very gentle rolling or lifting, with support)

Up on the pillow,  
Down to the mat.  
Roll just a little,  
How about that?

### Rock-a-Bye Baby

(Rock baby slowly side to side. Keep voice low and soothing.)

Rock-a-bye baby, on the treetop,  
When the wind blows, the cradle will rock.  
When the bough bends, the cradle will sway,  
Safe in your arms till the end of the day.

### Row, Row, Row Your Boat

Row, row, row your boat  
Gently down the stream,  
Merrily, merrily, merrily, merrily,  
Life is but a dream.

## RELATIONSHIP BUILDING / BONDING

### Quiet Time

Here are a few good ideas for quiet time with your baby:

1. Read a favorite book to your child in a rocking chair.
2. Lay with your baby on a blanket and watch the ceiling fan.
3. Look at your baby in the

eyes and just stare at each other for a while.

When baby smiles, coos, or relaxes, respond right away with warm words or a comforting sound. Narrate the moment using calm, reassuring language:

“You’re cozy.”  
“I’m right here.”  
“This pillow is soft.”  
“You feel safe.”



**Book to add to your child's library:** *Hoot: A Hide-and-Seek Book of Counting!* by Jonathan Litton



## MUSIC & MOVEMENT

**"Whoo-Whoo, Baby Owl"**  
(Tune: "Twinkle, Twinkle")

Whoo-whoo, whoo-whoo, baby owl,  
Soft and quiet, never loud.  
Fluffy feathers, big round eyes,  
Peeking at the nighttime skies.  
Whoo-whoo, whoo-whoo, baby owl,  
Gentle, calm, and sweetly proud.

**"The Little Owl"**

Little owl in the tree so high,  
(Open hands like wings, lift up.)  
Spreads his wings and starts to fly.  
(Wave arms slowly.)  
He swoops down low and glides around,  
(Dip arms low, circle arms.)  
Then lands softly without a sound.  
(Press finger to lips.)

**Peekaboo** (Sung or Spoken)  
Peek-a-boo, peek-a-boo,  
I see you, I see you!

Cover and uncover your face slowly, pausing for anticipation.

## BABY GAMES & LANGUAGE

**Sing-Speak:**

Speak short phrases with a musical tone instead of singing: "Hello baby," "I see you," "There you are."

**Owl Feathers**

Drop feathers through the air near baby. Allow them to fall on you and baby. Stroke baby's cheeks and hands with the feathers, while repeating the words "soft feathers." Direct older infants in touching feathers first with fingers and then with hands.

**Owl Sounds:** Make gentle "hoot" sounds and pause to let your baby respond with coos, babbles, or smiles.

**Listen & Pause:** Sit quietly for a moment, then whisper, "The owl listens." Pause again and notice baby's reaction to the quiet.

## EXPLORATION

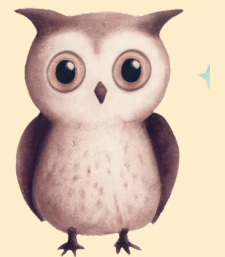
**Soft Owl Touch:** Let your baby explore a plush owl toy. Describe textures slowly: "soft," "fluffy," "smooth."

**Bird Watching**

Take your infant on a walk in the park or at the museum and look at the animals and birds.

**Light & Shadow Watch:**

Dim the lights slightly and slowly move your hand or a soft object across the wall or floor. Let baby watch the movement and track it with their eyes.



## RELATIONSHIP BUILDING / BONDING

Take a short stroller walk along a wooded path and paint out tall pines, leafy branches, and dark hollows where owls might sleep during the day.

Use gentle language: "Look up high... that's where an owl might rest."

It's peaceful for baby and gives moms a sense of

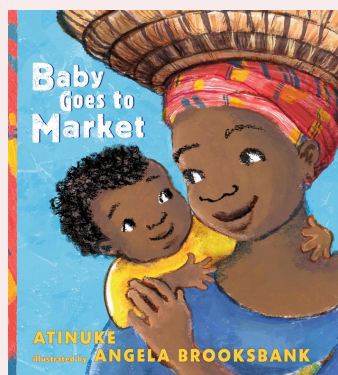
place-based connection.

**Owl Sounds**

Face your infant and make the "whoowhoo" sound. If your infant is old enough, he will attempt to mimic you.

**Quiet Cuddles:** Hold your baby close and speak softly, reinforcing calm and safety.

**Book to add to your child's library:** *Baby Goes to Market*  
by Atinuke



## MUSIC & MOVEMENT

### To Market, To Market

To market, to market,  
to buy a fat pig,  
Home again, home again,  
jiggety-jig.

### Apples and Bananas

Apples and bananas,  
Yum, yum, yum.  
Apples and bananas,  
Food is fun!

### This Is the Way We Push the Cart (Tune of "Mulberry Bush")

This is the way we push the cart,  
Push the cart, push the cart.  
This is the way we push the cart,  
At the grocery store.

(Repeat with: pick up food, pay  
the bill, wave goodbye)

### Oats, Peas, Beans

Oats, peas, beans, and barley  
grow,  
Oats, peas, beans, and barley  
grow,  
Do you or I or anyone know  
How oats, peas, beans, and  
barley grow?

## BABY GAMES & LANGUAGE

### Grocery Shopping

Take a trip to the grocery store.  
While loading your baby into  
the shopping cart or stroller, so  
"Let's go grocery shopping."

### Food Word Play

Say simple food names clearly:  
apple, milk, bread, banana.  
Repeat and pause for baby's  
reaction.

### Where Is the Apple?

Hold up a toy or picture and  
ask, "Where is the orange?"  
Then answer happily: "There it  
is!"

### Narrate Play

Describe what baby is doing:  
"You're holding the banana."  
"You hear the beep."

## EXPLORATION

### Grocery Sensory Basket

Set out baby-safe  
items: empty food  
boxes, a plastic  
container, soft produce  
toys, a reusable bag, for  
baby to play with

### Bag In, Bag Out

Let baby place items  
into a bag and take  
them out while you talk  
about each item.

### Texture Time

Explore smooth (apple),  
soft (bread), and crinkly  
(bag) textures.

### Cart Ride Talk

(if using a real cart)  
Talk about movement:  
"We're rolling." "We  
stop." "We go."

## RELATIONSHIP BUILDING / BONDING

As you move through the  
aisles on the grocery store,  
slow down and bring baby  
into the experience. Hold  
items up at baby's eye level  
before placing them in the  
cart. Make eye contact and  
name what you see  
together.

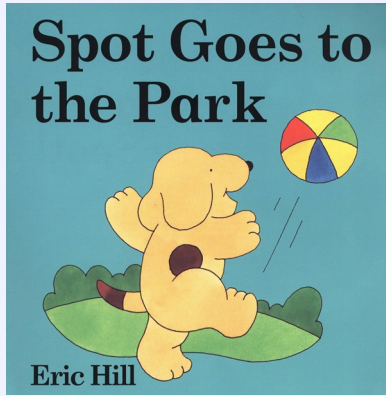
"This is a pineapple."  
"We're buying pineapples  
today."

"The pineapple is yellow and  
spiky."

Pause after you speak.  
Smile. Watch baby's eyes  
and expressions. These  
small moments of shared  
attention help baby feel  
included and secure.

# At The Park

**Book to add to your child's library:** *Spot Goes to the Park* by Eric Hill



## BABY GAMES & LANGUAGE

### Nature Naming Walk

While strolling:

- "I see a bird."
- "Listen! Bird says chirp!"
- "Feel the breeze."
- "Look at the sky. Blue sky."
- Narrating builds language and connection.

### Roll & Reach

Sit on a blanket and roll a soft ball slowly toward baby.

Say:

- "Ready... roll!"
- "Ball!"
- "Can you get it?"

## EXPLORATION

### Sensory Picnic Blanket (Tummy Time)

Lay down a checkered picnic blanket. Put soft, safe "park" items on it: a soft plush dog (for a park pet), a plastic ball (for a park ball), and a crinkly toy (for crunchy leaves). Let the infant explore textures.

### Sun & Shade Game

While outside, move from the sun to the shade. Sing "Mr. Golden Sun, shine down on me." Encourage looking up.

### Bubbles at the Park

Blow bubbles and sing "Pop, Pop, Pop, pop the bubbles!" to encourage visual tracking and reaching.

## MUSIC & MOVEMENT

### We're Going to the Park

(Tune: *Farmer in the Dell*)

We're going to the park,  
We're going to the park,  
Hi-ho, the derry-oh,  
We're going to the park!

We'll swing up high and low,  
We'll swing up high and low,  
Hi-ho, the derry-oh,  
Up high and down we go!

We'll slide down to the ground,  
We'll slide down to the ground,  
Hi-ho, the derry-oh,  
Down, down to the ground!

We'll run and laugh and play,  
We'll run and laugh and play,  
Hi-ho, the derry-oh,  
Such a happy day!

### The Park Song

(Tune of *The Wheels on the Bus*)

The swings at the park go back and forth, back and forth... (Rock baby back and forth)

The slide at the park goes way down low, way down low... (Lift baby up, then lower them)

The merry-go-round goes round and round, round and round... (Spin baby gently)

The babies at the park go "Wee, wee, wee!" (Clap hands)

## RELATIONSHIP BUILDING / BONDING

### Baby Swing

Put your baby in his baby swing at home, and instead of stepping away, use the time for face-to-face interaction. Sing to him, do fun fingerplays, and talk gently to him.

If baby is old enough for a secure infant swing:

Push gently and make eye contact.

Say:

"Up... down..."

"I see you!"

"You love the swing!"

Pause between pushes for connection.

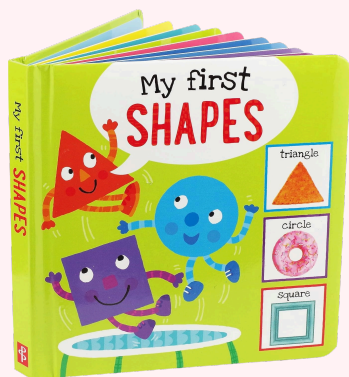
### Park Playtime

Take your baby to the park and enjoy time outdoors on a blanket, rocking and singing and giving eye contact while enjoying the outdoors.

# Round & Round

**Field Trip Idea:** The Woodlands Children's Museum

**Book to add to your child's library:** *My First Shapes* by Peter Pauper Press



## BABY GAMES & LANGUAGE

**Say & Trace:** Point to round objects and slowly trace a circle in the air or on your baby's tummy while saying, "Round and round."

### Round and Round

Round and round the garden  
Like a teddy bear  
One step, two step,  
Tickle me under there.  
(tickle your child's armpits).

Round and round the garden  
Like a teddy bear  
One step, two step,  
Tickle me everywhere.  
(tickle everywhere!)

**Echo Sounds:** Say simple syllables like "ro-ro-ro" or "ba-ba-ba" in a steady rhythm, pausing to let baby attempt to copy the sounds.

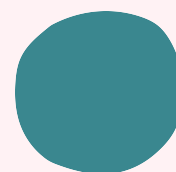
## EXPLORATION

### Round Scavenger Hunt:

Find things throughout the house that are round. Doorknobs, drawer pulls, buttons, etc.

**Surprise Bag:** Fill a bag with things that are round and let your baby explore: different sized balls, orange, toy cars with round wheels, etc. As your baby explores, describe what they feel: "round," "smooth," "big," "little."

**Rolling Watch:** From a seated or tummy-time position, slowly roll a ball across the floor and let your baby visually track it.



## MUSIC & MOVEMENT

### Wheels on the Bus

*(Roll baby's hands over each other as you sing "round and round")*

The wheels on the bus go round and round  
Round and round, round and round  
The wheels on the bus go round and round  
All through the town.

...The wipers...swish swish swish  
(put baby's arms together in front of you and swish like windshield wipers.)

...The door...open and shut  
(Take baby's hands apart, then put them together, as in a clap).

...The horn... beep beep beep  
(Pretend to honk a horn)

### Ring Around the Rosie

Ring around the rosie,  
(turn in a circle while holding baby)

A pocket full of posie

Ashes, Ashes,

We all fall down.

(fall gently while holding baby)

## RELATIONSHIP BUILDING / BONDING

### Good Morning

(bouncing and lifting)  
Good morning to you,  
Good morning to you,  
Our day is beginning,  
There's so much to do!

### Face to Face Interaction:

Hold your baby closely and spin around, saying "round and round we go." When you stop spinning, ask him "Are

you dizzy?" Switch directions and spin around the other way.

**Circle Massage:** Using slow, circular motions, rub baby's back, arms, or legs while naming the motion: "Mommy's hands go round and round."



# Balloons

**Book to add to your child's library:** *Elmo Says Surprise*  
by Sesame Workshop



## BABY GAMES & LANGUAGE

### Balloon Puppet

Blow up a balloon and draw on it with a marker – two eyes, a nose, and a mouth. If possible, adorn your balloon puppet with a baseball hat. Move the balloon around and make it "pretend" talk or sing to your infant.

### Balloon Mania

Blow up a dozen balloons, different colors and sizes, and place your child on the floor for free play.

### Hit the Balloon

Hang a balloon from the ceiling and help your child practice hitting it with his hands.

### Balloon Ball

Show your child how to strike a balloon with his hands to keep it in the air. You can also practice throwing/floating the balloon to him and letting him catch it and throw it back.

## EXPLORATION

### Balloons Everywhere

Help your child explore a world full of balloons. Balloons are everywhere, so this week take time to help your child notice them – at the supermarket near the check-out line, at your bank, at restaurants, stores, car dealerships, etc.

## MUSIC & MOVEMENT

### Balloon Song

(Sung to: "Ten Little Indians")

One little, two little,  
three little balloons,  
four little, five little,  
six little balloons.  
Seven little, eight little  
nine little balloons,  
ten little balloons  
floating up so high.

### Bounce the Balloons

(Tune: "The Mulberry Bush")

This is the way we  
bounce the balloons  
bounce the balloons,  
bounce the balloons.  
This is the way we  
bounce the balloons  
Gently in the air.

## RELATIONSHIP BUILDING / BONDING

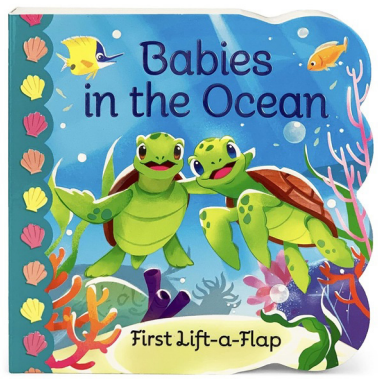
### Face to Face Interaction:

Set aside a block of time, such as 15 to 30 minutes, where your child can just be quiet. Lay with your baby on a blanket and watch the ceiling fan. Look at your baby in the eyes and just smile at each other for a while. Have a staring contest! Make sure there's minimal talking,

singing or humming. The key is to hear the "quiet." Ask your child what he hears in the silence. Is that the clock ticking? Is the cat purring? Is that the neighbor's dog barking? Who is mowing their lawn? It's amazing what you can hear when you just stop and listen!

# Under the Sea

**Book to add to your child's library:** *Babies in the Ocean* by Ginger Swift



## BABY GAMES & LANGUAGE

### Ocean Vocabulary Time

Look through an ocean-themed book and introduce simple words slowly and clearly:

- Fish
- Whale
- Splash
- Water
- Blue
- Shell
- Bubble
- Bubble Talk

### Blow bubbles

Encourage baby to reach and track with their eyes. Say "Pop!" "Up!" "Down!" "More bubbles?"

### Texture Talk

Show different textures:

Soft plush fish  
Smooth shell  
Wet washcloth  
Bumpy bath toy

Describe:

- "Soft fish."
- "Wet water."
- "Cold shell."

## EXPLORATION

### Ocean Sensory Basket

Fill a shallow bin with:

- Blue scarf or fabric (ocean)
- Plastic sea animals
- Measuring cups
- Large shells

Let baby:

- Touch
- Grab
- Mouth safely
- Explore freely

### Warm & Cool Water Play

Using two bowls, one with slightly warm water and one with slightly cold water. Dip baby's fingers gently and say: "Warm water." "Cool water."

## MUSIC & MOVEMENT

### Row Your Boat

*(Gently sway with baby on your lap)*

Row row row your boat,  
Gently down the stream,  
Merrily merrily merrily merrily,  
Life is such a dream.

Row row row your boat,  
Gently down the stream,  
If you see a crocodile,  
Don't forget to scream!

### Once I Caught a Fish Alive

1, 2, 3, 4, 5,  
Once I caught a fish alive,  
6, 7, 8, 9, 10,  
Then I let him go again.  
Why did you let him go?  
Because he bit my finger so.  
Which finger did he bite?  
This little finger on my right.  
*(wriggle right pinky finger)*

### The Waves in the Sea

*(Tune of The Wheels on the Bus)*

The waves in the sea go,  
Up and down,  
*(make a rolling wave by moving one hand up and down)*  
Up and down,  
Up and down,  
The waves in the sea go,  
Up and down,  
All day long.

## RELATIONSHIP BUILDING / BONDING

### Bath Time Connection

say:

"I see you."

During bath time:

"You love the water!"

Pour water gently over  
baby's hands

Connection during  
routines builds security.

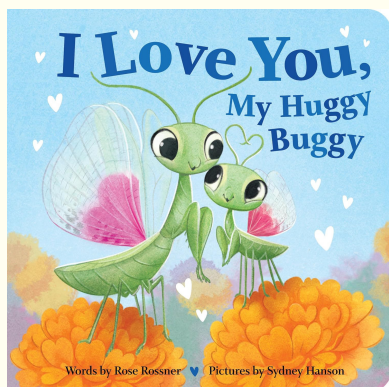
Say "Splash!"

Laugh together

Look into baby's eyes and

# Bugs Bugs Bugs

**Book to add to your child's library:** *I Love You, My Huggy Buggy* by Rose Rossner



## MUSIC & MOVEMENT

### The Itsy Bitsy Spider

The itsy bitsy spider  
Climbed up the water spout.  
Down came the rain  
And washed the spider out.  
Out came the sun  
And dried up all the rain,  
And the itsy bitsy spider  
Climbed up the spout again.

(Use fingers to climb up baby's arm for gentle sensory input.)

### Little Miss Muffet

Little Miss Muffet sat on a tuffet,  
Eating her curds and whey.  
Along came a spider,  
Who sat down beside her,  
And frightened Miss Muffet  
away.

## BABY GAMES & LANGUAGE

### Crawl Like a Bug

During tummy time, say:

- "You're crawling like a caterpillar!"
- "Buzz like a bee!"
- "Can you wiggle?"

Even if baby isn't crawling yet, the playful comparison builds understanding.

### Sound Play

Make exaggerated sounds:

- "Bzzzzz"
- "Crawl crawl"
- "Flap flap"
- "Hop!"

Pause and let baby attempt to imitate.

Sound imitation strengthens early speech pathways.

## EXPLORATION

### Sensory Bin – "Bug Garden"

Fill a shallow bin with:

- Fake grass or green shredded paper
- Plastic bugs
- Large leaves
- Small cups
- Let baby:
  - Grab
  - Explore
  - Transfer objects

Narrate:

"You found the bee!"  
"Bug in the grass!"

## RELATIONSHIP BUILDING / BONDING

### Tickle Crawl

Use your fingers like tiny bugs crawling slowly up baby's legs or arms.

Say:  
"Here comes a little bug..."  
Pause dramatically...  
"Tickle tickle!"

Watch baby's cues — keep it playful and gentle.

### "You're My Little Love Bug"

Hold baby close and say:

"You're my little love bug."  
"I love watching you grow."  
"You're learning something new every day."

Make warm eye contact and smile slowly.

# Merry Christmas

WoodlandsMommy.com  
WoodlandsMommy.com Infant Lesson Plan

**Book to add to your child's library:** *You're My Little Christmas Cookie* by Nicola Edwards



## BABY GAMES & LANGUAGE

### Holiday Word Play

Repeat simple Christmas words slowly and clearly: tree, light, bell, star, Santa, red, green. Pause between words and watch baby's mouth, eyes, and expressions as they listen.

### Name the Sound

Ring a bell softly and say, "Bell!" Pause, then repeat. Try again with a crinkly ribbon or soft fabric.

### Where Is...? (Christmas Edition)

Point to a Christmas object and ask, "Where is the star?" Then answer warmly: "There it is!" This builds early receptive language.

### Color Talk

Hold up red and green items and say the color name clearly: "Red stocking. Green tree."

### Song Echoes

Sing a short line from a Christmas song, then pause to let baby coo or respond. Imitate their sound back to them to encourage early conversation.

### Gentle Narration

Describe what baby is doing: "You're touching the soft stocking." "You hear the bell." "You're smiling."

## EXPLORATION

### Christmas Sensory Basket

Include a soft blanket, plush stocking, fabric tree, ribbon, and a baby-safe bell. Explore one item at a time.

### Holiday Sounds

Hum familiar carols quietly or play instrumental Christmas music at a low volume.

### Texture Talk

Describe what baby feels: "soft," "warm," "smooth," "cozy."

## MUSIC & MOVEMENT

### Here is the Chimney

Here is the chimney (make fist with thumb inside),

Here is the top (put other hand over fist)

Open the lid (remove hand from fist),

And out Santa will pop (pop up thumb from fist).

### Twinkle, Twinkle, Christmas

Lights (Tune of "Twinkle, Twinkle, Little Star")

Twinkle, twinkle, Christmas lights,  
Shining softly in the night.

Red and green and yellow too,  
Christmas time is here for you.

Twinkle, twinkle, Christmas lights,  
Glow with love on cozy nights.

### Santa's on His Way

(simple chant)

Santa's on his way tonight,  
Ho ho ho and sleep so tight.

Snuggle close and rest your head,  
Dream sweet dreams in your warm bed.

### Christmas Time

See the snowflakes falling (use fingers to make dancing snowflakes),

See the candles glow (hold up index finger like a candle),

See the wreaths upon the door (form wreath shape with fingers),  
It's Christmas time I know!

## RELATIONSHIP BUILDING / BONDING

### Baby Closeness

Hold baby close during songs and play. Rock gently. Make eye contact and smile. Speak softly and use baby's name often. Let baby feel the rhythm of your voice and the comfort of your presence.

Narrate the experience with reassuring words:

"You're safe."

"You're loved."

"This is a cozy moment together."

These peaceful interactions help babies associate the holiday season with warmth, security, and love—laying the foundation for joyful memories long before they understand the celebration itself.