***November Daily Activities at Home***

***12 months and up***

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November 4-8

* Teach social codes by playing games of handing objects back and forth.
* Using a wide mouthed container add some clothes pins and give to your child. They will have a great time putting the clothespins in and taking them out.
* Marching song, The ants go marching one by one hurrah, hurrah (x2), the ants go marching one by one, the little one stopped to beat his drum, and they all went marching down to the ground, to get out of the rain. Boom, boom, boom. Two, tie his shoe. Three, climb a tree. Four, shut the door. Five, take a dive. Six, pick up sticks. Seven, pray to heaven. Eight shut the gate. Nine, jump out of line. Ten, the END!
* Stacking blocks. Start with small stacks, making sure to react when the tower falls to avoid frustration.
* Knee bouncing to a tune changing the tempo of the bounce to match the tune. This is the way the farmers ride-walk, walk, walk. This is the way the children ride-trot, trot, trot. This is the way the lady rides, a canter, a canter. This is the way the knight rides, a gallop, a gallop…and woah!

November 11-15

* Fill a deep pan with luke warm water and toss in some whole walnuts along with a spoon and a strainer and allow your child to use their imagination here.
* Chat with your child asking questions about what they are doing. Naming items and actions. Repeat noises and words your child is using.
* Back to those social codes. Teach your child to wave hello and goodbye. Not only does this support coordination it allows them to be part of the social world.
* Give your child simple tasks to do in the kitchen i.e. wooden spoons in plastic jars, oranges in baskets. He will be practicing eye-hand coordination and gaining a sense of accomplishment as he completes the task.
* Share in your childs joy of task completion successful or not. Remember to scaffold task that are too difficult or too easy.

November 18-22

* Focus on relaxing at meal times this week. Allow your toddler to listen to their own body about when they are hungry and when they are full. Make a point of saying, “I am full. My tummy has enough food in it” or “I am hungry. My tummy is telling me to put food in it”.
* Offer nutritious choices throughout the day. This will ensure your child is getting everything they need and make eating as little as they choose easier for caregivers knowing what they have eaten is nutritious.
* Make sure to name foods and actions as your child eats or have them name them.
* Help your child identify and name different tastes and textures of food. The yogurt is sweet and creamy. The cherreios are crunchy and I taste honey!
* How many cherreios can your child get on their spoon? How many can you!?



November 25-29

* Sing with your child a favourite tune. Try different variations and have your child join in and sing as much as they can. Try humming the tune while your child sings or leave off the last couple words in each line and allow them to finish the line.
* Sleeping under the stars. Place glow in the dark stars on the ceiling above your toddlers bed. Be sure to have the light on for awhile before bedtime to charge the starts.
* Read a book with your child that talks about the stars and night time. What do your see in the book that looks like the stars on the ceiling? Do things look different at night time? Where does the sun go?
* What happens to the stars on the ceiling in the morning? Discover this with your child. Remember to reassure them they will come back each night.
* Plan an activity with stars…Play dough with cookie cutters. Colouring activity. Making cookies using cookie cutters.