

BEST BEGINNING

CHILDREN'S PROGRAM

June 2023



IN-PERSON GROUPS

Tuesdays 1-2:30pm
Families Matter Centre
#101, 239 Midpark Way SE

Wednesdays 1-2:30pm
Genesis Centre
7555 Falconridge Blvd NE

LEARNING THEME & ACTIVITIES ANIMALS

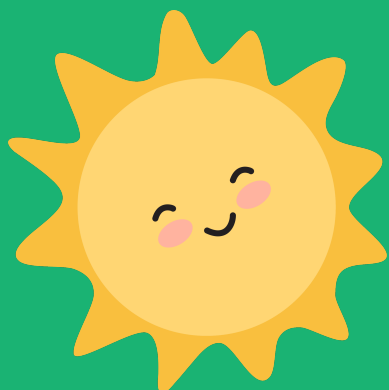
- Paper bag animals
- Move like an animal
- Where animals come from in the world
- Tlingit Whale puzzle

Books available at Calgary Public Library:

Wild About Bears
by Jeannie Brett

Who Has These Feet?
by Laura Hulbert

Splish, Splash, Foxes Dash!
Canadian Wildlife in Colour
by Geraldo Valerio



CALENDAR

June 18 Father's Day
June 21 Summer begins
June 21 National Indigenous
Peoples Day
June 28 Eid Al Adha



CHILD DEVELOPMENT AND PARENTING TIPS

ACTIVITIES FOR 6- TO 18-MONTH-OLDS

These activities encourage infants to focus attention, use working memory and practice self-control skills. Supportive, responsive interactions with adults are the foundation for healthy brain development of children. Adults should attend to infant's interest during these activities, pick activities that are enjoyable and let the infant determine how long to play.

Lap games

Peekaboo - Hide-and-find games
Pat-a-Cake - Predictable rhymes with surprise at the end

Imitation or copying games

Infants love to copy adults. Take turns making simple gestures like waving or playing with toys (putting one block on top of another and maybe knocking them down to rebuild). You can also demonstrate ways to play with toys, like making a horse gallop or rocking a baby doll.

Simple role play

Older children enjoy doing the tasks they see you do. Take turns with activities that interests the child, such as sweeping the floor, picking up toys etc.

Hiding games

- Hide a toy under a cloth and encourage your baby to look for it. After the baby finds the toy, show your baby you have moved the toy and encourage the baby to find it again.
- Older infants may enjoy hiding themselves and listening to you search loudly for them.
- You can also hide an object without showing an older infant where it is and allow him or her to search for it.



Fingerplays

Songs with simple hand motions are a lot of fun for infants. Songs like Baby Shark, Eensy Weensy Spider, Wheels on the Bus are examples. These fingerplays can be found in many languages and cultures.

Conversations

Start talking to your baby by naming aloud the things that hold their attention. As the baby gets older, point out and talk about interesting objects and events. As baby learn language, they will eventually match words to objects and actions. Conversation in any language besides English are also helpful. Experience using an additional language is an important skill.