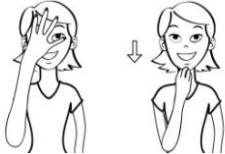
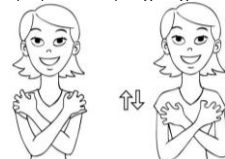


ANNA'S BANANAS

DAYCARE & PRESCHOOL

Our week at a glance... for Newborns



<p><u>This Week's Theme:</u></p> <p>Bedtime Stories</p>	<p><u>Art Project:</u></p> <p>Footprint Teddy Bear</p>
<p><u>Play and Discovery:</u></p> <p>Swaying, Swaying (birth & up) Baby loves to hear your voice, loves to feel your touch, and loves to rock rhythmically from side to side. You can combine all three elements by using your lap as a cradle and your voice as a lullaby. Sit in a chair with baby lying on your thighs, his or her feet pointing toward your stomach. Cradle him or her with your hands and gently sway as you talk or sing to him or her.</p> <p>Baby's First Books (3 months & up) Even the youngest babies enjoy time spent snuggling, listening to words, and looking at colorful pictures.</p> <p>Teddy Bear Snuggle (3 months & up) Baby loves play with plush infant toys. Baby will be able to play and snuggle with teddy bear and other toy friends.</p> <p>Blanket Peek-a-boo Games (3 months & up) A newborn baby thinks that when an object disappears, it no longer exists. When you appear and disappear behind a receiving blanket, she begins to learn that even if you're momentarily hidden, you're still there.</p>	<p><u>Large or Fine Muscle Stimulation:</u></p> <p>Facial Expressions (birth & up) Cradle baby in your arms. When he or she looks at you, gaze into their eyes. Speak or sing her or his name softly. Introduce baby to some facial expressions: a smile, an opened mouth, raised eyebrows, a stuck-out tongue.</p> <p>Tummy Time on our Blankets (3 months & up) By spending time in that position is crucial, as it helps them to strengthen the neck, shoulders, and back muscles in preparation for sitting and crawling.</p> <p>Stretching Out (3 months & up) One arm up, one leg down... very gentle stretching is relaxing for babies. Gentle stretching exercises can help him or her become aware of their tiny arms and legs.</p>
<p><u>Sign Language:</u></p> <p>Sleep- To sign sleep, start with fingers extended and spread apart. Beginning with your hand over your face, move your fingers down to end with your hand below your chin and your fingers touching your thumb. As you make the sign, feel your face relax and your eyes get droopy to add to the sleepy effect.</p>  <p>Bear- Make the bear sign by making your hands into claws and crossing your arm with one hand on each shoulder. Now scratch up and down with each hand. Babies are often going to simplify this into just giving themselves a bear hug.</p>  <p>from BabySignLanguage.com</p>	<p><u>Songs, Poems, or Nursery Rhymes:</u></p> <p>"Twinkle, Twinkle, Little Star" 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!</p> <p>"Star Light, Star Bright" Star light, star bright, First star seen tonight, Wish I may, wish I might Have the wish that I wish tonight.</p> <p>"Hey Diddle, Diddle" Hey diddle diddle, The cat and the fiddle, The cow jumped over the moon, The little dog laughed to see such sport, And the dish ran away with the spoon.</p> <p>"Hush Little Baby" Hush, little baby, don't say a word. Papa's (or Mama's) gonna buy you a mockingbird And if that mockingbird won't sing, Papa's (or Mama's) gonna buy you a diamond ring And if that diamond ring turns brass, Papa's (or Mama's) gonna buy you a looking glass And if that looking glass gets broke, Papa's (or Mama's) gonna buy you a billy goat And if that billy goat won't pull, Papa's (or Mama's) gonna buy you a cart and bull And if that cart and bull fall down, You'll still be the sweetest little baby in town</p>
<p><u>Language Development:</u></p> <p>Concept Words: sleep, bear</p> <p>Babbling with Baby (3 months & up) When s/he says "aaah," listen nod, and say "aaah" in return. Then try changing the words slightly, by stretching them out ("bah!" becomes "baaaaaaah") or even adding to them ("ooh " becomes "ooh-wah") Encourage baby to mimic you will inspire them to try even more complex language patterns, which will eventually result in their attempt to say words and then phrases.</p>	<p><u>Sensory:</u></p> <p>Infant Massage (birth & up) Baby loves to feel your touch, see your eyes, and hear your voice.</p>

Special Note to Parents: On Friday, children are invited to come to daycare dress in their pajama wear!