

Infant Drop-in - April Schedule and Activities

Daily schedule Tuesdays and Thursdays 2-4:00 pm

2:00-2:15...Welcome, socialize

2:15-2:45...Circle time

2:45-3:30...Baby activities or guest speaker

3:30-4...Parent/caregiver informal chat

(This schedule is flexible to accommodate wakeful babies for Circle Time)

Featured Activities for April:

Thursday April 15: Spring Sensory Bottles

Thursday April 22: Earth Day Nature Exploration with Baby

Tuesday April 27: Baby's First Marks!

CMCP will be putting together activity kits that you can register for by April 7 and pick up after April 12. To register for an activity kit, just email Mehmet at mtitiz@cmcp.ca Mehmet will arrange a time for you to pick up your activity kit from 180 Shaw St or make other arrangements with you for pick-up from another site.

Thursday April 1: CIRCLE TIME WITH OUR LOCAL LIBRARIAN, MARNIE WOULDSTRA

Marnie is the children's librarian working at Parkdale Library. We'll follow-up her Circle Time with a chat and share time. Marnie will be able to answer any of your questions about Toronto Public Library services and programs and about infant literacy.

Tuesday April 6: Peek-a-Boo games and Object Permanence

Today we will focus on learning some new Peek-a-boo games to play with our babies. For these activities you will need to bring a scarf to the drop-in. A scarf that is light, not too big, and even a bit see-through is ideal...but any fabric thing that baby can easily pull off their (or your) head can work...a blanket, large hat, cloth diaper...Then join in with our Circle Time and learn some new Peek-a-boo songs and games.

Thursday April 8: Safe Baby Toys (you have lying around your house!)

Is your baby bored with their store bought toys? Are they crawling into your Tupperware cupboard uninvited...trying to climb over the couch to reach your houseplants? Maybe your curious baby is trying to tell you something. Let's spend some time exploring the things in our house that are safe for baby to play with and ways that we could adapt household items to make them baby-safe and ready for play that encourages developmental milestones!

Tuesday April 13: Infant and Family Nutrition with Donia

Join nutritionist, Donia, for another discussion about Infant and Family nutrition! Donia will be available to respond to any and all food and nutrition enquiries. Come and share your ideas and learn some new

ones! Nutritionist, **Donia Kobrosly**, would like to hear from you about subjects of interest. Do you have a question or a suggestion about relevant nutrition topics? Please send Donia an email at dkobrosly@cmcp.ca.

Thursday April 15: Spring Sensory Bottles

Today we are going to make a sensory bottle that will provide hours of entertainment for baby and will take very little time to prepare! Everything you need (except the empty water bottle, which you will have to purchase yourself) will be provided for you inside your April Infant Activity kit!!! This activity can be done first by the parent for smaller infants...or.... if you have a baby who is able to use their pincer grasp and is loving putting little things into holes (10 mos. and older), consider involving your infant in the making of their own sensory bottle with your support; to ensure it is a fun and safe activity! Once the bottle is full with several colourful, noise-making items, make sure you secure the lid onto the bottle using the duct tape provided.

– **Register with us to receive a kit full of arts and crafts supplies that include the materials needed for this activity.**

Tuesday April 20: CIRCLE TIME WITH OUR LOCAL LIBRARIAN, MARNIE WOULDSTRA

Marnie is the children's librarian working at Parkdale Library. We'll follow-up her Circle Time with a chat and share time. Marnie will be able to answer any of your questions about Toronto Public Library services and programs and about infant literacy.

Thursday April 22: Earth Day Nature Exploration with Baby

Today, in honour of Earth Day, we will be exploring nature using some of the materials provided in your April, Infant Activity Kits and also any baby-safe items you may find in your yard, local park, or just have in your home. One of my favourite nature items for baby to explore is fruit! Thick skinned fruit, like oranges, melons, and coconut are ideal for baby to touch, smell, roll, and even mouth quite safely. We can also fill a shallow bin with 1 or 2 cm of water and allow the baby to engage with the water; using the sea sponge, drift wood, and dry herbs provide in the activity kit. If you have some softened shells or rocks that are large enough that they will not be a choking hazard...you can add those as well.

– **Register with us to receive a kit full of arts and crafts supplies that include the materials needed for this activity.**

Tuesday April 27: Baby's First Marks! Using sidewalk chalk and water on construction paper to encourage our baby's 1st mess-less, creative explorations

Today we are going to introduce our infants to their first art experience using the most simple and basic materials. In your kit you will receive a few pieces of sidewalk chalk (non-toxic and big enough to not be a choking hazard), a paint brush and some colourful construction paper. Chalk shows up great on the construction paper! And so does water! Use the paintbrush dipped in a bowl of water to "paint" on the construction paper. It will leave a visible dark brush mark that will dry out after a while, making it the ideal mess-free baby art activity.

– **Register with us to receive a kit full of arts and crafts supplies that include the materials needed for this activity.**

Thursday April 29: Breast/Chest Feeding Chat/Q & A with Beth from LLL support group

Beth, our local La Leche League leader, will be joining us to answer your questions and give breast/chest feeding support as needed. If you have a specific topic that you would like Beth to address, please send Melanie an email and she will be sure to pass it along. Melanie's email is mrobitaille@cmcp.ca