

Infant and Toddler Newsletter



Summer Fun!

Summer is the perfect time of year to engage your little learners with activities that encourage them to explore, move, and learn. There are all sorts of summer fun and learning for infants and toddlers to do—the world is their oyster. When thinking of summer activities for infants and toddlers, remember they don't need fancy to have fun. Infants and toddlers need simple, easy, and open-ended activities—they don't need lots of frills. Playing is learning, and they're going to play all summer long.

Safety First

Making sure infants' and toddlers' outside environment is safe is an important first step to enjoying the outdoors. Here are some ideas: 1) Avoid the heat of the day, 10am—2pm. 2) Dawn and dusk are mosquito time! 3) Eliminate standing water—mosquitoes and flies love to breed in little pools of water.

Keep Babies and Toddlers Cool

Here are some ways you can keep little ones cool during hot summer days. 1) Shade—have plenty of shade. 2) Water—bring water bottles and sippy cups along. 3) Cool cotton clothes—breathe better. 4) Hats—to help cover face and 5) Sunscreen—infant approved sunscreen on arms, legs, and neck only (can get in their eyes)

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Summertime Playtime Fun

Here are some ways to introduce your little ones to the fun of the outdoors:

- 1) Show all the new textures around them—Let them feel the grass, sand and dirt with their hands and feet. They wash off.
- 2) Bugs! - Show them ants, caterpillars, and other bugs. Give them the impression they are fun, instead of scary.
- 3) Naming Game—Name every new thing they see. This will extend their language and their interest with the outdoors.
- 4) Ball Play—Bring balls of various sizes so you can catch and or kick
- 5) Bubbles—Bubbles are an infant and toddler favorite
- 6) Color Games—Show them all the interesting outdoor colors.
- 7) Stop and Smell the Roses—Teach them to experience the sense of smell with fragrant flowers
- 8) Walks—Great time to talk about what they are seeing, and get a little exercise in the process.



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