

Take some time to...

Sit, Relax, and Learn!

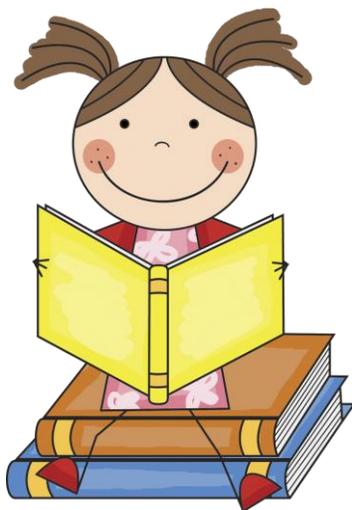
For infants:

- Sit in a comfortable spot with your infant, preferably near a window.
- Point at the different things you see and talk about them. Describe the trees, sky, and birds. You may also choose to tell short stories about the meaningful objects in your home.
- Observe how your infant moves. They may be working to sit upright. Their eyes may be looking toward the objects you describe. They may even be moving their arms in that direction.



This activity helps with upper body movement, balance, and attending and engaging (Obj. 11a).

For toddlers:



- Sit with your toddler and a favorite book.
- Point at the pictures and words, describing what you see. Try to compare some of the images with items in your home.
- Ask your toddler questions about the book. Ask them to turn the pages on their own.

This activity helps with attending and engaging (Obj. 11a); interacting during reading experiences, book conversations, and text reflections (Obj. 18a); and using fingers and hands (Obj. 7a).