

# #EarlyMomentsMatter – daily activity guide

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|---|---|--|--|
| <p>DAY 1</p>  <p>Learn a new nursery rhyme</p>   | <p>DAY 2</p>  <p>30 minute walk in a carrier</p>                                     | <p>DAY 3</p>  <p>Bathtime with mom</p>  | <p>DAY 4</p>  <p>10 minutes outdoors talking about the garden</p>                                     |
| <p>DAY 5</p>  <p>In bed by 6:30pm</p>  | <p>DAY 6</p>  <p>Play "This little piggy" on your toes</p>                           | <p>DAY 7</p>  <p>Try a new food today, if your baby is weaned</p>                 | <p>DAY 8</p>  <p>No screen time today</p>   |
| <p>DAY 9</p>  <p>Read a new book</p>  | <p>DAY 10</p>  <p>Tummy time or lie on a mat in the garden with no tech for mom</p> | <p>DAY 11</p>  <p>Baking day – bake cookies together</p>                         | <p>DAY 12</p>  <p>Visit a pet store and stroke and name the little animals</p>                       |
| <p>DAY 13</p>  <p>Play music and dance around the room</p>   | <p>DAY 14</p>  <p>Make an obstacle course in the lounge</p>                        | <p>DAY 15</p>  <p>Make prints of your little ones hands and feet</p>            | <p>DAY 16</p>  <p>Go for a 45 minute walk with baby in the pram</p>                                 |
| <p>DAY 17</p>  <p>15 minute baby massage</p>   | <p>DAY 18</p>  <p>Make snack time fun by making shapes out of the food</p>         | <p>DAY 19</p>  <p>Call granny and sing a song to her</p>                        | <p>DAY 20</p>  <p>Take a trip to a farm yard or the beach for an outing</p>                         |
| <p>DAY 21</p>  <p>Lie on your back on the grass and watch the clouds while your little one clambers over you</p> | <p>DAY 22</p>  <p>Make ice suckers with diluted fruit juice and coconut water</p>  | <p>DAY 23</p>  <p>Take a walk to a nearby river or beach with a net to fish</p> | <p>DAY 24</p>  <p>Play a water activity, with plastic fish and toys in a basin of shallow water</p> |
| <p>DAY 25</p>  <p>Walk round the garden and pick a posy of flowers</p>   | <p>DAY 26</p>  <p>Make some playdough and mould some animals out of it</p>         | <p>DAY 27</p>  <p>Book a playdate with a special friend</p>                     | <p>DAY 28</p>  <p>Trip to the library to look at books together</p>                                 |
| <p>DAY 29</p>  <p>Play Peek-a-Boo or hide and seek</p>   | <p>DAY 30</p>  <p>Use puppets to play together or tell your little one a story</p> | <p>DAY 31</p>  <p>Enjoy a picnic lunch as a family</p>                          |   |