**BRAININSIGHTS: REAL BRAIN DEVELOPMENT WITH FUN AND LOVING ACTIVITIES**

A selection of activities matching Braininsights on calendar. (numbers match)

### LOVE YOUR BABY: (May 1-12)

2. Notice what I like and respond to me. Try to tune in to the level of activity I seem to need. When I am more active, do a playful activity. When I seem calm, read a story or sing a lullaby to me.

3. While changing my clothes or diapers, take a minute and warmly and gently rub my back, arms and legs. Let me feel your warmth.

5. Make up a song using my name to sing to me while you feed me.

7. While you are cooking or doing dishes, let me explore safe items you use. For example, a rubber spatula, a wooden spoon, a plastic container, measuring spoons, etc.

### FUN WHILE I'M ONE: (May 13-16)

13. When I am lonely, scared or bored, I will let you know by crying. I need you to comfort me. I don't know how to handle it on my own.

15. Create a winding down, calming bedtime routine for me. Things like taking a warm bath, reading a story to me and cuddling with me will help soothe me.

16. While we are interacting throughout the day, give me kisses and loving hugs.

### MORE TO DO WHILE I'M TWO: (May 17-19)

17. While dressing me, ask me what piece of clothing to put on next. Example, “Should I put on your jacket or shoes next?”

18. Turn on the radio, sing a song or play a CD. Have me move to the music until it stops. I will stop until the music starts again.

19. At a grocery store point to items: or while in a waiting room point to pictures in magazines. Ask me to name them.

### PLAY WITH ME WHILE I'M THREE: (May 20-22)

20. Starting with breakfast every day, develop daily routines for meals, naps, bath and bedtime. It is very important to have order in my life. I learn what to expect through a regular pattern which helps make me calmer.

21. While grocery shopping, have me help you find the items you need. Example: Ask me to pick out the biggest or smallest item on the shelf.

### LETS LEARN MORE WHILE I'M FOUR: (May 23-25)

23. Find or save things for me to pretend with. Save food containers to play grocery store; line up chairs for a train or bus; set up combs or brushes, etc for a barber or beauty shop; books and index cards to play library etc.

25. Take me on a “listening walk”. While we are out walking have me listen and talk about all the sounds I hear. Ask, “Do you hear a bird, the wind, a car horn…..?”

### HELP ME THRIVE WHEN I'M FIVE: (May 26-28)

26. While playing catch with me outdoors, change the way we pass the ball. Count to 10 while we pass it. Now have me think of a new way to pass it 10 times. Take turns thinking of new ways to pass the ball.

27. While folding the laundry tell me to try not to laugh as you do silly things. See if you can get me to laugh. Just start laughing. See how long it takes me to join in. It is contagious.

### NATURALLY DEVELOPING YOUNG BRAINS (May 29-31)

29. While outdoors, encourage me to do variety of activities to use my finger and thumb together. Have me pick petals or seeds off of flowers, pick up and throw small rocks into water, search for tiny shells in sand, or write with chalk on a sidewalk or driveway. Use tweezers to pull seeds out of a sunflower head or use our thumbs to shell corn.

30. Have me play in mud sometimes. Let me experience how good it feels to squish it between my fingers or toes. I can even point with mud on paper or on the sidewalk.

31. Come outside with me on a day with big fluffy clouds in the sky. Lie down next to me and watch the clouds. Talk with me about all the different shapes we see. Let’s each choose a cloud to watch and see if one moves faster than the other.