

Theme: Sitting Activities for Infants

Date: May 18, 2021

Hello StrongStart families,

Today's email is put together by Teacher Michelle (from Douglas).

Babies start to sit between 7 to 9 months. Once a baby starts to sit, they gain a new perspective of the world...one that is a little higher up off the ground! Here are some activities to do with your baby while they practice sitting. **Note: Please make sure babies are supervised during these activities.**



**Cardboard Boxes and Laundry Baskets**

- Reuse those diaper boxes and make them into a sitting space for babies! Fill it with balls, blocks or soft toys.
- You can also use laundry baskets in bathtubs to create a fun water experience. Fill the tub with a low level of water. Throw in some water toys and splash away! The laundry basket gives the baby a small amount of space to move but not so much that they slip and slide around.



## Wall Activities

- Create a sensory bag by putting various items into a Ziploc bag (e.g., water, foam shapes, googly eyes, etc). Tape the bag onto the wall. Encouraging babies to play on the wall helps with core strength and balance.
- Make a sticky wall with contact paper (it's like a gigantic piece of tape). You can find that at your local dollar store. Tape the contact paper onto the wall. Use light toys like foam shapes, play food or giant pompoms to stick onto the wall.

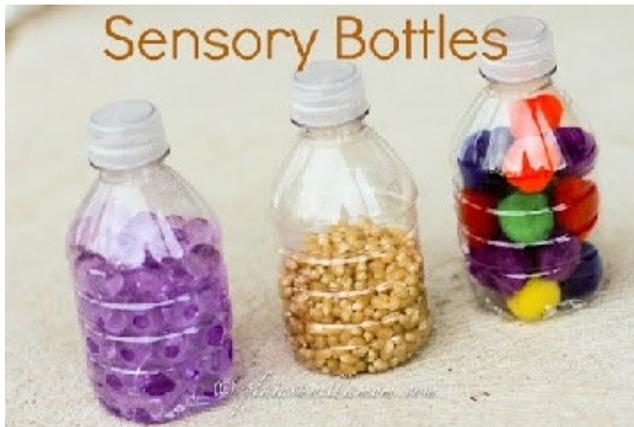


**Sensory Jars** (source: <https://thehomesihavemade.com/2017/07/diy-glitter-bead-sensory-bottles-baby/>)



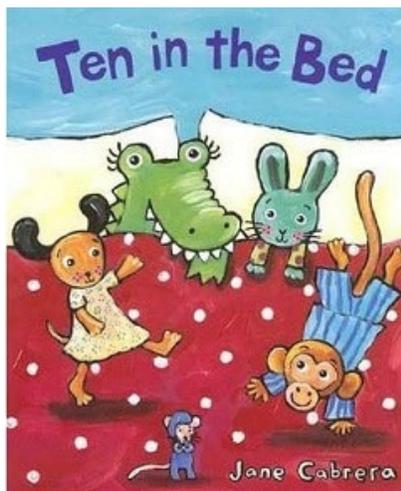
- **Materials:** clear plastic bottles, beads, glitter, food colouring, water and super glue/hot glue
- **Instructions:** Fill your bottle with beads and glitter. Add water until it's about 75% full. Add some food colouring gradually to make sure it doesn't become too dark. Top it up with some more water before you glue the lid shut.

- You can make thematic sensory jars! For instance, if you find little sea creature beads, you can add blue glitter and food colouring for an ocean jar. If you have small butterfly beads with light green glitter, you can make a spring jar!
- If you are worried the water might spill, opt for sensory jars without water. You can put water beads, buttons, coins or rocks.



### Books and Songs

- While your baby is sitting, it's the perfect time to read a story or sing some songs to your baby. Books or songs with repetition are good for young children as they like predictability. For example, songs like "Five Little Ducks" and "Wheels on the Bus". One of my favourite is "Roly Poly" because you can do so many different opposites like slow/fast, loud/quiet, silly/serious. Here is "Roly Poly" from Jbrary (two Vancouver librarians) - <https://youtu.be/oexBMxMKNFU>.
- Books that can be sung are good for babies too! Songs promote major language development in children. Have a listen to Teacher Michelle sing/read "Ten in the Bed" by Jane Cabrera - <https://youtu.be/ljM3fdKr1Cw>



**Vancouver Public Library** has Facebook Live Storytimes, Zoom Babytimes and Virtual Storytime on YouTube.

- Facebook: [www.facebook.com/vancouverpubliclibrary](https://www.facebook.com/vancouverpubliclibrary)
- YouTube: [www.youtube.com/user/vancouverlibrary](https://www.youtube.com/user/vancouverlibrary)
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