

Daily Routine

0-1 Years Healthy Beginnings Program Week 1

Engaging in Play & Interaction

Read Books

Read a variety of books to baby – picture books, story books, any books. Sit baby on your lap so they can see the images and text and see your face when you read. Point out and label pictures. Encourage baby to turn pages, if able. Try to read books every day.

Stories and books are crucial for language development in babies and early literacy and pre-reading in children.

Mirror Play

Sit with baby in front of a mirror, make excited and interested facial expressions and talk to baby through the mirror, encourage them to copy. Point out and name facial features and expressive emotions.

Babies are drawn to faces and this experience will help babies learn about expressions, features and their self-identity and builds bonds.

Nursery Rhymes

Hold baby facing you on your lap, sing nursery rhymes, emphasising beat and rhythm in the song by bouncing on your knee gently. Use positive facial expressions. Songs can be sung at any time.

This bonding experience exposes baby to language, rhythm and rhyme. For nursery rhyme ideas, visit the 'Littlest Listeners' section on Audible, or search on YouTube.

Over, under and through

Create physical challenges that baby can crawl/climb over, under, around and through e.g. a pile of cushions to climb over, line up to the dining chairs to create a tunnel to crawl through, drape a sheet over the 'tunnel'. Use household items, sturdy furniture, large cardboard boxes.

Spatial awareness - babies learn how to manoeuvre their bodies to fit into spaces. This also promotes strength, balance and coordination.

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Care Routines

Consistent Routine

Read baby's hungry and tired cues and respond promptly and consistently each time you carry out the routines. E.g. Follow the same routine each time you put baby to bed (e.g. sing, rock and place on back in cot) or have a meal (e.g. sit in same place)

Babies thrive on consistency and learn to develop trust in you to meet their needs. Doing the same thing each time encourages a predictable routine which makes baby feel safe.

Self-feeding

Provide finger food that baby can grasp, provide a second spoon that baby can use. Sit at baby's level when supporting feeding. Use a bowl, spoon and secure highchair.

Self-help skills are important for later self-confidence, autonomy and independence.

Washing Hands and Faces

For young babies use wipes, older baby support to wash hands with soap and water at a sink. Talk through the process as you go and allow baby as much independence is possible, while still ensuring they are cleaning themselves effectively.

Personal hygiene is an important skill to learn and you can never start too young.

Peek-a-boo

Play peek-a-boo when pulling clothes over baby's head or with hands in front of face. Use excited facial expressions and interesting tone in voice and pause for effect.

Babies learn object permanence, understanding that something still exists when they can't see it. This also builds bonds between adult and baby.