

Contact EarlyON Child and Family Centre at 1-866-433-8933 Ext. 2374 for more information.

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Music is fun and it helps babies and young children develop social, emotional, physical, language, and thinking skills. There are lots of ways to incorporate music into your child's life.</p>					<p>1 Register for Baby Rhyme Time in Kemptville, Prescott, Gananoque or Athens. Songs and stories, birth to 12 months.</p>	<p>2</p>	<p>3 Sing the same song every night before bed. Try one that you will both enjoy, like <i>Lean on Me</i> by Bill Withers.</p>
<p>4 Limerick Forest Doors Open event 1175 Limerick Rd. 10am-3pm Sleigh rides, sledding,</p>	<p>5 March together to a song with a strong beat. Try "We are the Dinosaurs" by The Laurie Berkner Band.</p>	<p>6</p>	<p>7 Sing your instructions sometimes make it up or change the words to a song. "Time to put on your boots on..."</p>	<p>8 Make drums with pots and pans, spoons, and containers.</p>	<p>9 Play your drums together and listen to the different sounds.</p>	<p>10</p>	
<p>11 It doesn't matter if you have a great singing voice or not—your child likes your voice the best!</p>	<p>12 Enjoy a book you can sing, like <u>The Seals on the Bus</u> by Lenny Hort.</p>	<p>13</p>	<p>14 Get in a pretend boat and sing: "Row, row, row your boat, gently down the stream, merrily, merrily, merrily, life is but a dream."</p>	<p>15 Snuggle up and listen to music. Try out different genres, like jazz, classical, folk or world music.</p>	<p>16</p>	<p>17 Turn on some upbeat music and have a dance party!</p>	
<p>18 Sing during routines, like bath time and diaper changes. Make it up as you go! "This is the way we scrub your toes..."</p>	<p>19</p>	<p>20 Go outside, be quiet, and listen. Record the sounds, listen again and talk about what you hear.</p>	<p>21 A fun story to sing or chant:</p>	<p>22 Sing a simple song and leave off the last word - wait to see if your child will fill in the word.</p>	<p>23 Babies and young children love a lap bounce! Bounce according to the words.</p>	<p>24 A smooth road (X3) A bumpy road (X3) A rough road (X3) A hole!</p>	
<p>25</p>	<p>26 Make homemade shakers by putting sand, rocks, beads, etc. into a container.</p>	<p>27 Move to music together. Turn the music off and FREEZE until the music starts again.</p>	<p>28 Grab some stuffies and sing along to "Pig on Her Head" by the Laurie Berkner Band.</p>	<p>29</p>	<p>30 Put your child in a laundry basket and make a handle with a towel.</p>	<p>31 Turn some music on and pull fast, slow, curvy, bumpy, etc., according to the music.</p>	