

## Help Me Review

white  
heart



pink  
heart

**Opposites:** open/closed

**Exploring  
My World**

camera  
doorknob

**Polar Pals**

penguins  
walrus

**Hearts and  
Hugs**

kisses  
card

**Opposites  
Attract**

light switch  
washing  
machine

## Look for Books

*The Snowy Day/Un día de nieve*

by Ezra Jack Keats

*Press Here/Presiona aquí*

by Hervé Tullet

*Baby Touch and Feel: Little Penguin*

by Roger Priddy

*The Shape of My Heart*

by Mark Sperry

*Pocket Piggies Opposites*

by Richard Austin

*Opposites/Opuestos*

by Sandra Boynton

## Together Time Activities

Here are some fun activities you and your child can enjoy together!

### • Taking Pictures

Let your child look through the viewer of your camera. Talk about what she sees. If she seems ready, she can press the button to take a picture. Scroll through your pictures together and talk about the people and what is happening.

### • Polar Moves

Have fun moving like polar animals together! Waddle like penguins, move on all fours like caribou, drag yourself along with your arms to imitate a walrus, or move in other creative ways.

### • Taking Care of Teeth

February is National Children's Dental Health Month. Visit [mouthhealthy.org/en/babies-and-kids](http://mouthhealthy.org/en/babies-and-kids) for ideas about keeping your child's teeth strong and healthy.

### • Laundry Helper

Let your child help as you sort, wash, dry, and fold clothing. Model using opposite words such as *open/closed*, *clean/dirty*, *wet/dry* and *noisy/quiet*.

## Nursery Rhymes

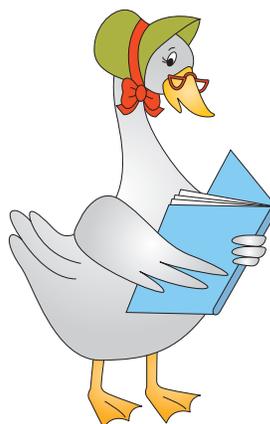
*Nursery rhymes teach children auditory skills and help them develop an appreciation for rhyme and rhythm. They also help children develop language, memory, creativity, and other cognitive skills.*

### Peas Porridge Hot

Peas porridge hot;  
Peas porridge cold.  
Peas porridge in the pot,  
Nine days old.

### Diddle, Diddle, Dumpling

Diddle, diddle, dumpling,  
my son John  
Went to bed with his  
stockings on.  
One shoe off and one shoe on;  
Diddle, diddle, dumpling,  
my son John.



# Sign Language



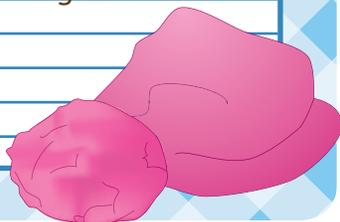
# Cooking Together

When cooking with infants and toddlers, allow them to help in a safe way with mixing, pouring, rolling, mashing, shaking, etc. Use words to describe what you are doing and what you plan to do next. Talk about what you see, smell, feel, hear, and taste.

## Pink Playdough

- 1 cup flour
- ½ cup salt
- 1 envelope unsweetened pink lemonade drink mix
- 3 tablespoons vegetable oil
- ½-1 cup boiling water
- Optional: red food coloring

Place the flour, salt, and drink mix in a bowl and stir well. Add the oil and about half the boiling water. Stir well. Slowly add water until the dough is thick and smooth, but not sticky. (You may need less than a full cup of water.) If you want a brighter color, add a drop or two of red food coloring. Let cool until the dough can be safely handled. Knead well and store tightly covered.



# Sing Along with Me!

Find these songs on our 2017–2018 Music and Movement CD available at [funshineexpress.com](http://funshineexpress.com).



## Penguin Party

Sung to "Alouette"

Penguin party! Everybody's coming!  
Penguin party! Are you coming too?  
Slipping, sliding in the snow,  
Waddling round and round we go.  
In the snow, round we go.  
Party time! Party time! O-o-o-o-oh!  
Penguin party! Everybody's coming!  
Penguin party! Are you coming too?



## Blow Some Kisses

Sung to "If You're Happy and You Know It"

Blow some kisses in the air, in the air.  
Blow some kisses in the air, in the air.  
Oh, I need a valentine,  
And I hope you will be mine.  
Blow some kisses in the air, in the air.



## Reminders...


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