

January



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January's theme is **Cold**. Try these fun activities to explore winter weather:

Talk Together

- **For your baby:** Use the word "cold" when the two of you touch cold water, snow, or ice, open the fridge, or when you go outside in cold weather. Babies learn to speak when others speak to them. Repetition helps, as does changing your tone of voice for the word you are emphasizing (i.e., using a higher tone): "Feel the cold water. Ooooh, that's cold, isn't it? Cold, cold water." Listen for your baby's response. Starting at about 1 year, you may hear your baby start to imitate your sounds: "Co co."
- **For your toddler:** Talk about what "cold" feels like. Use other words for "cold"—like "freezing," "icy," or "chilly." You can start to discuss seasons, how in winter we have cold weather, like snow and ice.

Read Together

- Try some "freezing" winter books like *The Snowy Day* by Ezra Jack Keats or *Snowballs* by Lois Ehlert.

Play Together

- **For your baby:** For your baby: Let your baby (6 months and up) do ice play. Put a few wet ice cubes on her high chair try to touch and play with. How does she respond to this cold, wet stuff?
- **For your toddler:** Talk about how water turns into ice when it freezes. Then play "freeze" with your toddler. When you say "freeze," everyone has to stop moving. When you say "go," everyone can start moving again. Try letting your toddler have a turn calling "freeze" and "go." You can start/stop music to enhance this game as well. Let your toddler (18 mos. and up) experiment with ice. Shave some ice in a blender. Put it in a shallow pan, along with some ice cubes for fun, but cold, play. Throw in some spoons, cups, and bowls for him to scoop and dump with. For clean-up, let your child help you melt the ice with warm water and pour it down the drain. Talk about how the warm water melts the ice and turns it back into water.