

Prep Academy EHS NTI Menu Birth to 24 months

Student Name: _____

Day 4: *Please choose an activity from each subject area below and initial when completed. Menus should be sent back when students return to school.

Age	Social/Emotional	Language/Literacy	Cognitive	Physical
Birth to 12 months	Say Hi and Bye-bye (or Good Bye) to your baby when you greet others. Using standard greetings with your baby helps her/him learn to wave and say Hi and Bye-Bye, too.	 Reading: Look at simple board books together, describing pictures to promote language skills	Reaching Games: Show a toy and encourage your baby to reach and touch it, switching sides to develop both hands.	Dropping Objects 
12 months to 24 months	Be the leader, perform simple movements, like clapping, stomping, or shaking your head, and encourage your baby or toddler to copy you. This helps them understand social interaction and empathy.	A reminder of simple things you do every day that nurture children's language skills 	Eating Well: Here and There 	Use a soft ball and roll it back and forth on the floor with your toddler. As they get the hang of it, encourage them to throw the ball at you gently. Start with rolling and progress to short, underhand throws as they gain confidence.
READ A BOOK TOGETHER: Title _____ In addition to the above activities, please read together each NTI day				

If you have any questions regarding NTI work, please feel free to contact your student's teacher! 😊

GROW A LANGUAGE GARDEN

Just as a flower grows in a garden,
the everyday things you do and say help children develop their language skills.

Listening

to children, and responding to what they say, encourages them to keep learning (and growing!).

Storytelling

sparks children's imaginations and teaches them to solve problems.

Singing

helps children learn and remember new words—plus sharing music is a great way to bond!

Talking

helps little ones build their vocabulary, like pointing out the names of different foods on their plate.

Asking

children questions like "what if?" or "what do you think?" helps them express themselves and make choices.



Dropping Objects

Game 24

Invite your baby to practice dropping things, especially things that make a noise when they land.

Picking up and dropping objects helps your baby gain more control of the muscles in her hands.



Why this is important

At this age, your baby can hold things very well but cannot always let them go when she wants. Opening her fingers is a different process from closing them, and learning to control the muscles in her hands will take her a lot of time and practice. Early hand control helps her manipulate objects during play. Later, she will need to control the muscles in her hands when she starts holding crayons and pencils for drawing.

What you do

- Show her a toy in your hand. When she looks at it, open your fingers and let the toy drop.
- Repeat the motion, saying *Drop* as it falls. Keep a short dropping distance so she'll be able to see your hand and the dropped object at the same time.
- Encourage her to try after you have shown her several times.
- Give an enthusiastic response with each attempt she makes: *Wow! You dropped the block by yourself!*
- Play again using a ball that bounces or a bell that makes a noise when it hits the floor. She may show more interest in a toy that produces a sound when dropped.
- Listen for any sounds she makes when she lets go of the ball. This is her attempt to imitate you when you say, *Drop*.

Another idea

Try playing the game during bath time. Dropping objects in the water makes a fun splash that may encourage her to continue practicing her new skill.

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EL JARDÍN DEL LENGUAJE

Así como una flor crece en un jardín, las cosas cotidianas que usted hace y dice ayudan a los niños a desarrollar sus habilidades lingüísticas.

Escuchar

a los niños y responder a sus preguntas los anima a seguir aprendiendo y progresando.

Hablar

ayuda a los pequeños a ampliar su vocabulario para nombrar los diferentes alimentos en su plato.

Cantar

ayuda a los niños a aprender y a recordar nuevas palabras. Además, cantar con otros es una excelente manera de crear vínculos afectivos.

Leer

Cuentos despierta la imaginación de los niños y les enseña a resolver problemas.

Preguntar

cosas como *¿y si hacemos esto?* o *¿qué estás pensando?* les enseña a los niños a expresarse y a tomar decisiones.



Juegue con su bebé a soltar objetos, especialmente los que produzcan ruido al caer.

Agarrar y soltar objetos le ayudará a su bebé a adquirir mayor control de los músculos de las manos.



Por qué es importante

En esta edad, los bebés pueden agarrar muy bien los objetos pero no pueden soltarlos siempre que lo desean. Abrir los dedos es un proceso distinto a cerrarlos y aprender a controlar los músculos de las manos requiere tiempo y práctica. El control de las manos a temprana edad sirve para manipular objetos al jugar. Más adelante, cuando comience a agarrar crayones y lápices para dibujar, su niña necesitará controlar los músculos de las manos.

Qué hacer

- Muéstrole a su bebé un juguete mientras lo sostiene en la mano. Cuando ella lo mire, abra los dedos y suelte el juguete.
- Repita el movimiento, diciendo *Suéltalo* para que lo deje caer. Hágalo a una distancia corta para que su bebé pueda ver al mismo tiempo su mano y el objeto que cae.
- Después de mostrarle cómo hacerlo varias veces, anímela a intentarlo.
- Responda con entusiasmo a cada intento que ella haga. *¡Mira! ¡Soltaste el bloque tú solita!*
- Jueguen otra vez usando una pelota que rebote o una campana que produzca ruido al caer al suelo. A su bebé podría causarle más interés un juguete que produce sonido al caer.
- Préstele atención a los sonidos que ella produzca cuando suelte la pelota. Este será su intento de imitarle cuando usted dice, *Suéltala*.

Otra idea

Intente realizar el juego durante la hora del baño. Soltar objetos para que caigan en el agua hace que salpiquen en forma divertida y animarán a su bebé a continuar practicando su nueva destreza.