

Prep Academy NTI Menu

Infant

Student Name _____ Parent / Family Name _____

Center _____ Date _____ Time Taken to Complete _____

DAY 5

Please choose one activity, circle which one you completed, and sign when completed.

Menus should be sent back when students return to school.

SCHOOL READINESS GOAL

Children will develop and demonstrate the ability to recognize and regulate emotions, attention, impulses, and behavior.



CALM-DOWN CUDDLE

When your infant is calm, practice a soothing routine: hold them close, breathe slowly, and hum. Say, "You are safe. I am here." Notice which calming action your infant prefers.



SOFT MUSIC CALM

Play or sing a quiet song while holding your infant or sitting nearby. Gently sway or pat to the slow beat. Pause and notice how your infant's body responds.



SLOW AND FAST SONG

Sing a familiar song slowly, then a little faster. Gently move your infant's hands or feet with the beat. Return to a slow pace and notice how their body responds.



PEEKABOO PAUSE

Play peekaboo with your hands or a small cloth. Pause before saying "peekaboo" so your infant can wait, look, or reach. Stop if your infant turns away or becomes upset.



READ A BOOK TOGETHER

Title _____

In addition to the above activities, please read together each NTI day.

PARENT SIGNATURE



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