

Learning at Home

with Centennial Infant and Child Centre

Homemade Adapted Activities

Children are naturally eager and inquisitive to learn about the world around them. Below are a few suggestions for activities that can be made at home that will support children who may have a vision impairment.

- Hang kitchen utensils from your child's play gym to support their batting, reaching and grasping skills. You can use: measuring spoons, cookie cutters, spatulas, rolled up balls of foil, CDs, etc.
- Add different materials and textured paper to your child's tray or favourite toys to encourage them to explore with their hands.
- Put shiny paper or material inside a small plastic jar with a small flashlight or twinkle lights. This will be visually stimulating and may encourage your child to reach for the jar.
- Find some old plastic bottles and put in a small amount of rice, beans, lentils, etc. Make sure you secure the lid with glue or tape. Homemade rattles are a great way to encourage auditory skills, and fine motor skills if your child is holding toys.
- Children learn best with simple pictures, and uncluttered pages with one picture on each page. It can be challenging to find a book that meets your child's needs, so you can create one! You will need a sheet of black or white paper as background, shiny or textured paper that you can cut shapes out of and glue or tape. Glue/tape the shape to the paper, use a different texture for each page (i.e. rough, shiny, soft, etc.). You can bind the pages using ribbon or use individually.



Adapted baby gym



Light up toy



Page from
homemade book

Stay Home, Stay Healthy, Stay Connected



Feeding Solids Adventure

Most parents wonder, “When do I start introducing solid food to my baby?” and “What are the signs that they are ready for solids that I should be looking for?”

These questions are important in recognizing the right time to introduce your infant to solid foods. Some signs your baby is ready to start solids may be:

- Your baby can sit, holding their head in midline with no support, using a highchair or booster seat
- Your child may watch you eating with interest and begin to reach for the food
- Your baby may show their interest in food by touching, opening mouth, or swallowing saliva when looking at the food

Anna's Cooking Corner Baked Squash

Ingredients:

- Butternut squash
- 1 pinch brown sugar
- ¼ cup butter
- 1 pinch salt



Directions:

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Place whole butternut squash onto baking pan or other deep dish. Bake for 35 minutes or until you can pierce the skin with a fork, it should be soft.
3. Remove from oven, cut in half. Remove the seeds.
4. Remove soft squash from skin and mash.
5. Sprinkle the brown sugar, salt and any of your other favourite spices over the pieces and place butter on top.
6. Serve warm and enjoy!

Introducing solid foods is one of the most exciting and messy experiences you and your baby can enjoy! Encourage your baby to touch and smell the food, bring hands to mouth, put food on their face, allow them to explore the squash and get messy!



Let me
touch my
food!

