

# PAT Activity Pages: 1 ½ to 3 ½ Months

PAT Activity and Materials Needed	Lang.	Soc. & Emo.	Cog.	Motor	Parenting Behaviors
Accordion Book: Communicating and Responding p.834 Materials: Poster board or other stiff paper, clear contact paper, photos or pictures.	X			X	Supporting learning
Baby's First Feely Book: Touching, Tasting, and Seeing p.836 Materials: Fabric of various textures, scissors, hole punch, yarn or shoelace, sewing supplies (optional).			X	X	Designing/Guiding
Dance to the Music: Dipping and Swaying p.838 Materials: Your favorite music		X		X	Nurturing
Football Baby: Rhyming and Calming p.840 Materials: You are your baby. Book w/songs or rhyming.	X				Communicating
In Sync with Massage: Communicating and Responding p.842 Materials: blanket, small amount of natural vegetable oil (olive, safflower, sunflower or canola) in a cup or saucer. Parent Handout: <b>Your Nurturing Touch: Practicing Infant Massage.</b>		X			Communicating
Night Sounds: Listening and Responding p.844 Materials: Quiet Environment, your baby and you, board book. Parent Handout: <b>Your Baby's Sleep Routines</b> (Optional)	X				Communicating
Read to Me: Interacting and Setting a Routine p.846 Materials: Assortment of books, your lap.	X				Communicating
Roll the Baby: Exercising and Strengthening Core Muscles p.848 Materials: 1 large towel or 2 bath towels. Board book with one picture per page.		X		X	Designing/Guiding
A Soft, Gentle Breeze: Feeling and Listening p.850 Materials: Small sheet or blanket.		X	X		Nurturing
Tracking Toy: Watching and Learning p.852 Materials: Black-and-white patterns or black marker, paper plate, glue, tape, paint stick, and object with contrasting colors (optional)			X	X	Supporting Learning
Tummy Time: Watching and Building Muscles p.854 Materials: Baby's own blanket, Black-and-white contact paper or bright-colored paper, Black pattern drawn on white paper, empty container with lid such as oatmeal or formula, glue or tape, dry rice, dry beans, or hairpins, favorite toy.				X	Supporting Learning

