

PAT Activity Pages: 3 ½ to 5 ½ Months

PAT Activity and Materials Needed	Lang.	Soc. & Emo.	Cog.	Motor	Parenting Behaviors
Bubbles for Baby: Watching and Popping p.863 Materials: Towel, bubble solution (or 2 cups water, 1 tablespoon corn syrup, and 2 tablespoons dishwashing detergent mixed together), household items to use as bubble wands (pipe cleaners, plastic lids with the centers cut out, slotted spoons, fly swatters)			X	X	Designing/Guiding
Fascinating Fingers: Watching and Discovering p.865 Materials: Blanket or your lap. Glove, bracelet or ribbon. Lightweight rattle (optional), Rhymes and songs with finger plays.		X	X	X	Supporting Learning
Feely Socks: Touching, Tasting, Seeing, Hearing p.867 Materials: Youth socks (without holes), Various items for stuffing, like waxed paper, cotton balls, small rocks, dry beans, or jingle bells.				X	Designing Guiding
Grab It: Using Eyes and Hands Together, Grabbing, and Batting p.869 Materials: Household objects with interesting textures, colors, and sounds.				X	Responding
Hearing Games: Listening and Speaking p.871 Materials: Toys or objects that make noises (like rattles or squeakers). Parent Handout Your Baby's Hearing .	X	X			Designing/Guiding
I Am Special: Stretching and Relaxing p.873 Materials: Blanket, small amount of natural vegetable oil (olive, safflower, sunflower or canola) in a cup or saucer. Parent Handout (Your Nurturing Touch: Practicing Infant Massage) (optional).		X		X	Responding
I See Me: Seeing Reflections p.875 Materials: Handheld, unbreakable mirror or mirror on the wall.		X	X		Designing/Guiding
Kick the Can: Seeing and Moving p.877 Materials: Round cylinder with a lid, such as a formula can or oatmeal container. Elastic, long shoelace, or heavy yarn, scissors. Pasta, dried beans, unpopped popcorn, or small bells. Glue and tape.			X	X	Communication
Let's Roll: Reaching and Pushing p.879 Materials: Large 12-inch ball, pillows, or a beach ball.	X			X	Responding
Music and Me: Moving and Matching Beats to Actions p.881 Materials: Your baby's favorite toys, Radio or device to play various types of music (optional).	X	X		X	Responding
Nursery Rhymes: Listening and Feeling Rhythm p.883 Materials: Paper, non-toxic markers.	X			X	Supporting Learning

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Roll Over and Sit Up: Practicing and Strengthening Muscles p.885 Materials: Blanket or large towel. You and another caregiver.		X		X	Supporting Learning
Vision Screening: Seeing and Learning p.887 Materials: Favorite toy, flashlight. Parent handout, Eye-opening Facts About Your Baby's Vision (optional)				X	Supporting Learning
Yoga: Stretching, Relaxing, and Connecting p.889 Materials: Blanket		X		X	Nurturing