



REACHUP

PLAY ■ INTERACT ■ TALK ■ LEARN



Curriculum

Weekly Guide for Conducting Visits
SAMPLE

Caribbean Institute for Health Research, The University of the West Indies Mona, Jamaica
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Month 6 (Visit 2)

Materials:

- **Plastic Toys 1 - Shaker**

Objectives:

1. Shaker: Baby to learn to shake the shaker and enjoy it
2. Language - New Sounds: Mother to teach baby new sounds
3. Song: Mother to sing and do actions with baby

Things to Do:

- **Plastic Toys 1 - Shaker**: Shake the bottle, offer it to the baby to see if he can take it, if not place the shaker into the baby's hand and allow him to explore. Then help him shake the bottle and see if he can shake it on his own. Praise the baby; say "*What a good shaker*" or "*That's it, you did it*". Shake it gently and tap his tummy. Encourage the baby to laugh with you. While doing this tell the mother what you are doing. Encourage the mother to do this again with the baby.
- **Language - New Sounds**: Say a new sound to the baby which he does not already say. Face baby, look into his eyes, smile and repeat new sound slowly several times. Get baby to repeat sound. If he repeats one sound easily, choose another one until he can repeat several different sounds. Get mother to try and see if they can vocalize back and forth. Encourage mother to continue vocalizing to baby after visit.
- **Song** - Mother to smile and sway her body while singing with baby.

Rock-a-Bye-Baby

Rock-a-bye-baby in the tree top

When the wind blows the cradle will rock

When the bough breaks the cradle will fall

And down will come baby, cradle and all (*While holding the baby pretend to fall*)



Month 12 (Visit 3)



Materials:

- **Large Crayon and Paper**
- **Book A** – Baby, Lady/Woman, Dog, Orange

Objectives:

1. Crayon and Paper: Child to hold crayon and mark on paper
2. Book: Child to look at pictures and vocalize
3. Song: Mother to sing and do actions with child

Things to Do:

- **Crayon and Paper 1 – Hold and Mark:** Use crayon to make marks on the paper then give crayon to the child. Let him hold the crayon and explore item. Then place the crayon in the correct position in his hand and help him to make marks on the paper. Praise him! Say *“Good try Tommy, look you made that mark!”* At this stage, child will simply be learning what a crayon is. Encourage mother to do this activity with child. Praise her.
- **Book A:** Allow child to explore the book. Then place child on your lap and point to pictures and name them encouraging child to turn the pages. Hold child's hand to touch pictures as you name and describe them. *“Do you see the baby? Touch the baby.” “Do you see the dog? Touch the dog. The dog says ‘woof, woof’.”* Then allow child to sit on mother's lap. Get mother to point at pictures and talk about them. Praise mother. Encourage mother to repeat activity during the week with the child.
- **Song:** Mother to sing a suitable song with child.

Month 32 (Visit 2)

Materials:

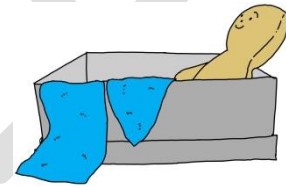
- **Dolls/Soft Toys 7** – Doll-Clothes, Bath, Rag (small piece of cloth) and Towel (large piece of cloth)
- **Book 6** - Dirty Shirt

Objectives:

1. Doll: Child to play with doll, bathing, and dressing it; Child to understand **wet, dry, dirty** and **clean**.
2. Book: Child to follow story, talk about pictures and understand **wet, dry, clean** and **dirty**
3. Song: Mother and child to sing a song or nursery rhyme

Things to Do:

- **Dolls/Soft Toys 7 - Doll-Clothes, Bath, Rag and Towel:** Give the child the doll to play with. Use the box for a bath, the large cloth for a towel and the small cloth as a wash rag. Demonstrate giving the doll a bath and describe actions. Say, “*Baby’s face is **dirty**. I am using the wash rag to **clean** baby’s face.*” Have the child give the doll a bath. Encourage mother and child to talk about bathing and dressing baby while including body parts as often as possible. “*The baby is bathing, she is in the water and she is **wet**. Get the towel, let’s **dry** baby with the towel.*”; “*Let us **dress** the baby. Pull the **blouse** on over her **head**.*” Throughout the activity, praise the mother and child when they laugh and smile. Encourage mother to repeat activity during the week.



- **Book 6 - Dirty Shirt:** Child to sit beside mother and explore book. Encourage mother to look at the pictures with the child and get child to follow the story. “*This is a shirt. There is mud on the shirt. It is **dirty**.*” She can ask simple questions to help child understand the story. E.g. “*What is the mother doing?*” Praise child’s responses. “*Yes, mommy is washing the **dirty** shirt. It is now **clean**.*” Encourage mother to help child answer questions. Focus on what the people are doing on each page. “*The clothes in the basin are **wet**. Mommy is hanging them on the line to **dry**.*” Ask mother to repeat activity during the week.



- **Song:** All to sing a suitable song or nursery rhyme.