

## Infants and Toddlers

Infancy is the period between birth and two years of age. It is the most active period for brain development, and an infant needs sensory activities to encourage his/her development.

Infants learn by experience, play and imitation. No special teaching equipment is required because the primary curriculum material is the person relating to the infant. Talking, singing, playing and reading with your infant can create rich learning opportunities. These experiences are based around free-play, dramatic play, stories and books, music, art, food, sensory motor activities, outdoor exposure to nature, and environmental stimuli.

Intentional learning and relationship-building activities are planned during routine times such as hellos and good-byes,

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diapering and toileting, eating and mealtimes, sleeping and nap times.

