



Family, Infant and Preschool Program Newborn Interest and Activity Plan

Identifying Information

Child's Name _____ Date of Birth _____

Age (Weeks) _____ Today's Date _____

Person Completing the Plan _____ Relationship to Child _____

Interest and Activity Plan Description

Beginning at birth, newborn infants are interested in the people and objects around them and in making things happen. Some things are familiar, like the sound of their family's voices, while others are brand new, like the feel of a soft blanket on their hands and cheek. When newborn infants are in a quiet awake state, they are often exploring these interests in a variety of ways such as gazing and staring, moving their heads to listen, wiggling and stretching their fingers, arms, and legs. Newborn infants quickly learn what their favorite people smell like, how we respond when they cry, and how to keep us talking and looking at them. The purpose of the plan is to capture your newborn's interests as they occur in your daily routines, note how your responses support those interests, and consider what new experiences or opportunities you may provide that will continue to promote your newborn baby's development. Because newborn's change their interests and capabilities so quickly the *Newborn Interests and Activity Plan* should be updated every two weeks and can be used up to 4 months of age.

Using the Interest and Activity Plan

Section 1: Across the next two weeks observe your newborn during his or her daily activities and write down the unique and different ways he or she interacts with the world. Each box can contain more than one observation.

Section 2: Across the next two weeks, observe and record how you respond to your newborn's interests and activities and how your newborn responds back. Note the responses that encourage your newborn to continue what he or she is doing or try new things that will guide your choices for new activities and learning opportunities.

Section 3: Use the information you collected in Section 1 and Section 2 to plan some specific learning opportunities in which you, your family, and your newborn will participate. Note what interests your newborn had during those activities and consider what things you will continue and what new responses or interests you can offer.

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Section 1 - Discovering Interest and Activities

What is your baby looking at?	What does your baby do when he/she is looking at you?	How does your baby move himself/herself?	How can you tell when your baby is happy?	How can you tell when your baby is hungry?

How can you tell when your baby has had enough to eat?	How can you tell when your baby wants to continue something?	How does your baby like to be cuddled?	How does your baby go to sleep?	What sounds does your baby pay attention to?

How does your baby wake up?	How long does your baby stay awake?	Who does your baby know?	What movements and sounds does your baby repeat?	Other

Section 2 - Encouraging Responses

Parents and caregivers can do a variety of things to make an infant's interactions more meaningful. This is especially true when you do something right after your baby does something. Below are some suggestions with space to write down what happened when you did these things.

Put a check under each day you did one of these things to encourage your baby's development.	Days										What did your baby do next?
	1	2	3	4	5	6	7	8	9	10	
Talked to him using a baby talk* voice when she/he made sounds											
Held different toys up for him/her to look at											
Smiled back and made funny faces to him/her											
Put different things to touch near her/his hand											
Imitated her/his expressions and vocalizations											
Noticed what she/he looked at and talked about it											
Carried him/her with me to look at things											
Hung new things for him/her to see											
Read a story to him/her											
Took a walk together											
Danced/sang with him/her											
Other											

* A baby talk voice uses quiet, sing-song, exaggerated storytelling sounds and has a melody to it but the actual words spoken are typical adult words.

Section 3 – Activity Plan

What new or different activities have you tried with your baby? _____

What were the reasons you decided to try this? _____

What are the reasons you will continue or stop doing this? _____

During the next two weeks these are the things...	What did I observe my baby enjoying and repeating?	What will my baby and I try next?
my baby and I will do during bathtime • • • •		
my baby and I will do during diaper changes • • • •		
my baby and I will do during feeding • • • •		
my baby may be doing when he/she is awake • • • •		
my baby may do to learn more about the world • • • •		