Infant lesson plans for each month, free to print

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A week of play for babies (birth to 12 months) for every month: a sensory or play idea, a song, a book and outside time each day, one page to print or save as a PDF.

Peabody's infant lesson plans give you a week of play for babies, birth to 12 months, for every month of the year. Each day has one sensory or play idea, a public-domain song, a book and an outside time; Monday to Friday are for the room, and Saturday and Sunday are at-home ideas to send to families. Each month is one page: print it, or choose "Save as PDF" in the print dialog for your own copy. Free through the end of 2026, no sign-in.

A lesson plan for babies isn't a schedule of lessons. It is a short list of things to offer when a baby is awake, fed and interested, so the grown-ups in the room aren't inventing it from scratch at 10 am. That is all these plans try to be.

What's on a month's page

One landscape sheet: the seven days run across the page, and four rows run down it.

- Play: one idea, in a sentence, with what you need. "Face cards: big photos of the room's grown-ups to look at during tummy time."
- Song: one of three for the month, from Peabody's public-domain song lists. The words are on the month's page, and the sheet's footer gives its address.
- Book: the month borrows its books from a preschool theme week, so a mixed-age home reads the same books all week.
- Outside: a short line for the walk or the blanket in the shade.

The sheet's heading names the month's focus, like Hello, faces or Snow and cold, so the room's walls and the families' fridges match.

The twelve months

These are the infant weeks, August to July, the way a child care year runs. Each month links to its page.

- Month: August · Focus: Splash and shade · Monday's play: Water mat: tummy time on a sealed water play mat; tap it and watch it wobble. · Songs: Row, Row, Row Your Boat · Rub-a-Dub-Dub · Twinkle, Twinkle, Little Star
- Month: September · Focus: Hello, faces · Monday's play: Face cards: big photos of the room's grown-ups to look at during tummy time. · Songs: Pat-a-Cake · This Little Piggy · Hush, Little Baby
- Month: October · Focus: Leaves and crunch · Monday's play: Leaf bag: dry leaves sealed in a zip bag, taped to the floor for tummy time. · Songs: Ring Around the Rosie ·

Pat-a-Cake · Rock-a-Bye Baby

• Month: November · Focus: Warm and cozy · Monday's play: Texture basket: a soft hat, a wool mitten, a smooth spoon, a crinkly cloth to touch. · Songs: Hush, Little Baby · Bye, Baby Bunting · Pat-a-Cake
• Month: December · Focus: Lights and shiny things · Monday's play: Flashlight watch: a grown-up moves a flashlight's spot slowly across the ceiling. · Songs: Twinkle, Twinkle, Little Star · Brahms' Lullaby · Hickory Dickory Dock
• Month: January · Focus: Snow and cold · Monday's play: Cold and warm: a cool spoon from the fridge and a warm cloth to touch. · Songs: Hot Cross Buns · Pease Porridge Hot · Rock-a-Bye Baby
• Month: February · Focus: Sounds and music · Monday's play: Shaker bottle: a small bottle of water with the lid glued shut, to shake and roll. · Songs: Pop Goes the Weasel · The Muffin Man · Hush, Little Baby
• Month: March · Focus: Wind and weather · Monday's play: Scarf breeze: float a light scarf down over baby's legs. · Songs: Rain, Rain, Go Away · Itsy Bitsy Spider · Ring Around the Rosie
• Month: April · Focus: Rain and puddles · Monday's play: Rain stick: a sealed cardboard tube shaker to tip and listen to. · Songs: Rain, Rain, Go Away · Doctor Foster · Row, Row, Row Your Boat
• Month: May · Focus: Flowers and bugs · Monday's play: Flower look: hold baby near a flower bed to look at the colors. · Songs: Itsy Bitsy Spider · Mary, Mary, Quite Contrary · Lavender's Blue
• Month: June · Focus: Sand and sun · Monday's play: Sand bag: sand sealed in a zip bag, taped down, to squish. · Songs: Row, Row, Row Your Boat · Hot Cross Buns · Ring Around the Rosie
• Month: July · Focus: Water and boats · Monday's play: Float and sink: a toy boat bobbing in a tray of water, a grown-up's hand on it. · Songs: Row, Row, Row Your Boat · Rub-a-Dub-Dub · Twinkle, Twinkle, Little Star

There is a toddler week for every month too, 12 to 36 months, with the same songs and books and its own play ideas: open the toddler plans from the same page.

What the plans keep out

Safety is written into the words, and Peabody's own checks hold every plan to it:

• Nothing small enough to fit in a mouth. No beads, beans, rice, coins, buttons, balloons, pom-poms or marbles in any idea. Things that rattle or crinkle are sealed: leaves in a zip bag taped to the floor, a shaker bottle with the lid glued shut.
• No food to play with. Food is for eating.
• Water with a grown-up's hand on it. A shallow tray, a sealed water mat, always with you

there.

• Sleep is never in a plan. Naps follow each baby's own schedule, on their back, in a safe crib; a play plan has no business there. The schedule guide has more on the infant room's day.

Read every idea against your own babies and your own room before you use it, the way you would any plan.

How rooms use them

In a center's infant room, print the month and post it by the changing table: whoever is on the floor with the babies knows what's out that day.

In a family child care home, print the infant week and the toddler week for the same month. The songs and books are shared, so circle time works for everyone, and the play ideas are side by side.

For families, the Saturday and Sunday rows are written for home. Send the page home on Friday, or copy those two lines into your newsletter.

For your records, some states ask for written lesson plans for infant rooms. A printed month in a binder, with your own notes in the margin, is an honest record of what you offered. Check your state's rules for what a plan must show.

Why the songs are old ones

Every song in the plans is in the public domain, so you may print the words, send them home and sing them on a video for families without asking anyone. That rules out many modern favorites, on purpose.

The rest of the year

The plans sit beside the free preschool curriculum for the older children, and the daily report slips tell families what their baby did. When the babies grow into toddlers, the open library has short stories to read aloud, free.

Free at peabody.kids/blog/infant-lesson-plans-by-month