

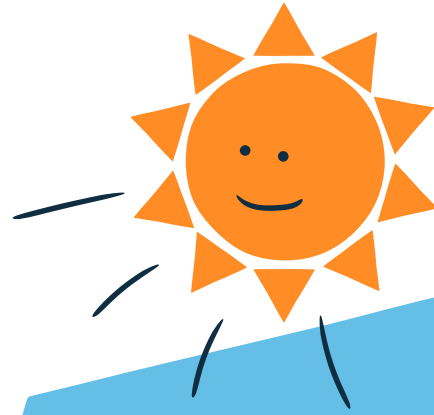
At-Home Summer Guide for Infants and Toddlers

(0–2 years old)

Week of August 3, 2020

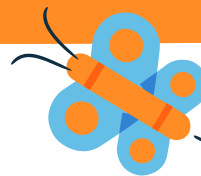


This week kicks off our exploration of **All About Me!** During this theme your child will have the opportunity to explore all those little things that make them so unique and wonderful.



This week, your child will explore math and engineering concepts by working with you to build a miniature version of your home using blocks, learn about the different parts of their bodies, and get reacquainted with family members they may not have seen in a while!

The concepts introduced in this week's activities are easy to integrate into your everyday routines, so feel free to draw on them as many times as you'd like over the course of the week!



This Week's Theme:

All About Me

What you'll find in this guide. . .

Summer is here, and we've got you covered with activities that will keep your little one learning and having fun all summer long! This guide contains activities for infants and toddlers, with suggestions on how to make the same activity fun and educational, whether you have a cuddly baby or a rambunctious toddler! Click on the icons below to discover more...



BUILDING FLEXIBLE BRAINS

There's No Place Like Home

Work with your tiny architect to build a house that looks just like yours... that is, if they don't knock it down first!



CREATIVE EXPRESSION

Just One Me

Your little one is one of a kind, and this creative activity will give them a chance to show just how unique they are!



GET THE WIGGLES OUT

Head, Shoulders, Knees, and Toes

This fun, familiar song will help your little cutie get some exercise while they learn about their amazing bodies!



GET THE WHEELS TURNING

All My Parts

Our little learners are just getting to know all the parts and pieces that make them whole...help them build their body-related vocabulary amid kisses and tickles!



GET THE WHEELS TURNING

We Are Family

Take a trip down memory lane by pulling out family photos and connecting names with faces.

At-Home Summer Guide for Infants and Toddlers

Week of August 3, 2020

Getting Ready for the Week: Materials to Gather

There's No Place Like Home:

- ❑ Blocks (fabric or rubber are great for infants and toddlers!) OR
- ❑ If you don't have building blocks, repurpose cardboard boxes, milk cartons, and other recyclables for building!
- ❑ Packing or masking tape (optional, to tape ends of boxes closed)

Just One Me:

- ❑ Paper
- ❑ Tempera or finger paint or ink pad
- ❑ Small dish to hold paint

Head, Shoulders, Knees, and Toes:

- ❑ Lyrics to "Head, Shoulders, Knees, and Toes"

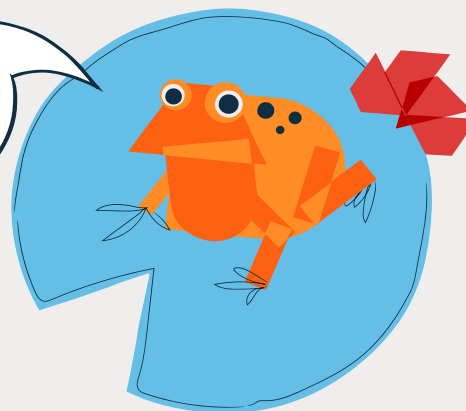
All My Parts:

No materials needed

We Are Family:

- ❑ Family photos, printed or digital

Tip: At the beginning of your week, gather materials and place them in a container so you're ready to go!



At-Home Summer Guide for Infants and Toddlers

Week of August 3, 2020



Building Flexible Brains: There's No Place Like Home

Work with your tiny architect to build a house that looks just like yours...that is, if they don't knock it down first!



Length of activity:
20 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: Medium



What you need:

- Blocks (fabric or rubber are great for infants and toddlers!) OR
- If you don't have building blocks, repurpose cardboard boxes, milk cartons, and other recyclables for building!
- Packing or masking tape (optional, to tape ends of boxes closed)

About the Activity:

Head outdoors with your little one and spend some time looking at your home. Talk with them about your home: do you live in an apartment, or a house, or some other type of structure? Point out the different shapes that make up your home: do you have a rectangular door? Square windows? A triangular roof? When you're back inside, pull out your blocks. Sit on the floor with your little one and explore your materials. Point out the different shapes represented there that you also noticed as you looked at your home. Encourage your child to explore the materials with all their senses and talk with them about what you see them doing. You can model how to stack different shapes and encourage them to try, too. As you play together, point out similarities between the structure you're building and your own home. Heads up: the part of this activity your little one will like best is knocking the structure down, and that's part of the learning, too, so celebrate and laugh with them when they make it all go *BOOM!*

At-Home Summer Guide for Infants and Toddlers

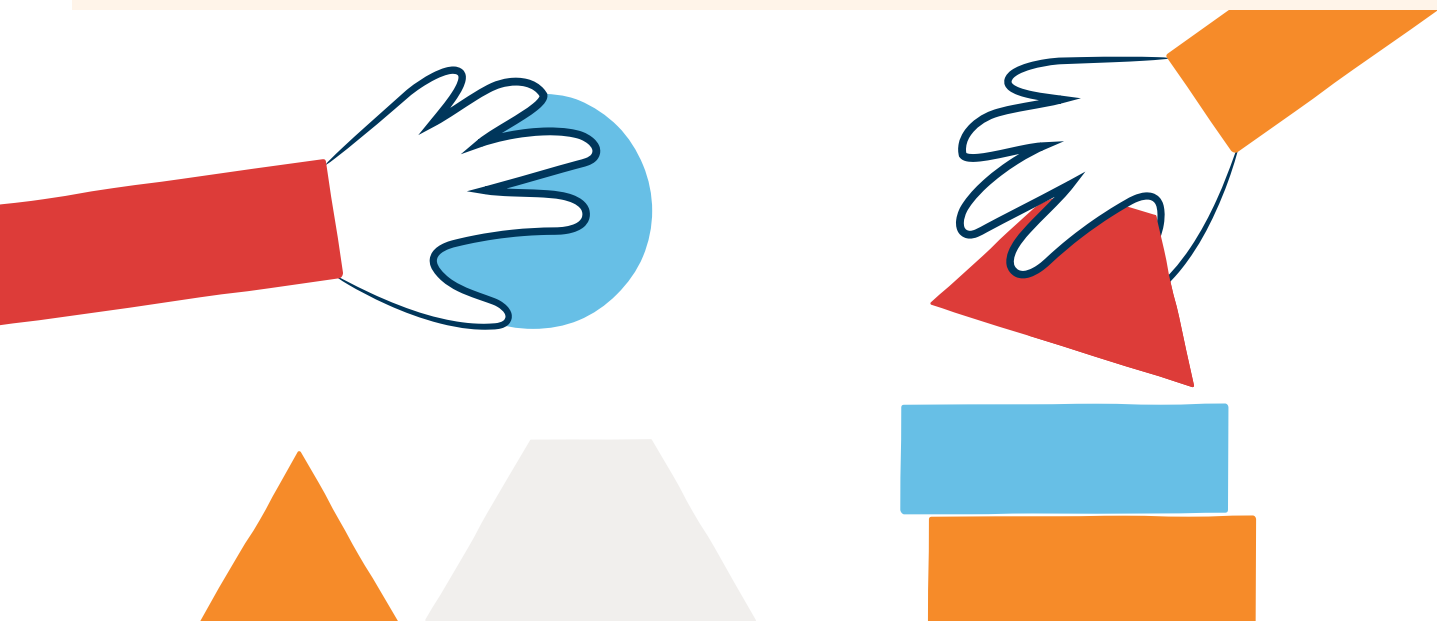
Week of August 3, 2020

For Your Infant:

How your baby engages in this activity will depend on their age. If you have a younger baby, this experience will be about exposing your baby to new materials, concepts, and vocabulary. They will watch you stack blocks and you can encourage them to pick blocks up and attempt to stack them on their own, or to knock down the structures you've built. If your baby is older, they may be able to take more of an active role in the building process, and they may try to imitate you as you point out the names of shapes. There's no "right" way for your baby to engage in this activity; your baby learns through each new experience, especially ones where they can use all their senses, and have you by their side to talk with them about what they're experiencing!

For Your Toddler:

Toddlers love to build and playing with blocks is an amazing way to help children develop their math and engineering skills! As you play with your child, point out the shapes among your blocks that are like the shapes you noticed in your home. Work with your child to stack the blocks and as you play and talk together, use positional language like up, down, on top, below, and so on. Talk with your toddler about your home as you build: what shape is it? What color is it? Who lives there with you? If your blocks are smaller, they'll be more challenging for your child to work with, so remember to be positive and encouraging of your child's efforts. And if you made your own blocks out of boxes and recyclables, working with larger pieces will give your toddler a good big-body workout! Your toddler will probably love knocking structures over more than any other part of this activity, so don't be surprised if your role ends up being stacking the blocks up so your toddler can knock them down!



At-Home Summer Guide for Infants and Toddlers

Week of August 3, 2020



Creative Expression: Just One Me

Your little one is one of a kind, and this creative activity will give them a chance to show just how unique they are!



Length of activity:

15 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: Medium



What you need:

- Paper
- Tempera or finger paint or ink pad
- Small dish to hold paint

About the Activity:

Start by sitting in a comfortable position with your child. Ask your little one if you can hold their hand and if they're agreeable, hold their hand gently in yours. As you hold their hand, talk with them about it: help them count their fingers. Show them the different parts of their hand, and name them: palm, fingers, wrist, knuckle. Then turn over their hand and gently touch their fingertips. Run your finger over one of theirs and explain to them that their fingers have tiny ridges on them, and that no one else in the world has a finger just like theirs. Of course, this isn't information that you can expect them to retain or understand, but in having this conversation you're giving them important vocabulary, modeling how to have a conversation, and introducing them to new concepts and experiences. Then, sit down with them and show them the paper and paint or ink pad. Show them how to gently dip a finger into the paint and then how to press that finger onto the paper. Then, encourage them to try.

For Your Infant:

This is a great sensory experience for your baby. From the sensation of feeling your fingers on their hand, to the way the paint feels on their fingers, to the experience of transferring the paint from their finger to the paper, your baby is exploring a variety of sensations and textures. And by talking with your child as you touch their hands and encouraging them to explore with the paint or ink, you're providing rich vocabulary experiences that help them learn new concepts. Encourage them to explore with the paint and paper in whatever ways interest them, and be sure to comment on how they're using their hands and fingers and what you notice about their fingerprints on the paper.

At-Home Summer Guide for Infants and Toddlers

Week of August 3, 2020

For Your Toddler:

This is a great sensory experience for your toddler. From the sensation of feeling your fingers on their hand, to the way the paint feels on their fingers, to the experience of transferring the paint from their finger to the paper, your baby is exploring a variety of sensations and textures. And by talking with your child as you touch their hand and encouraging them to explore with the paint or ink pad, you're providing rich vocabulary experiences that help them learn new concepts. Encourage them to explore with the paint and paper in whatever way interests them, making a special point to comment on how they're using their hands and fingers and what you notice about their fingerprints on the paper. Model different ways of making fingerprints on the paper and encourage them to imitate what you do!



At-Home Summer Guide for Infants and Toddlers

Week of August 3, 2020



Get the Wiggles Out: Head, Shoulders, Knees, and Toes

This fun, familiar song will help your little cutie get some exercise while they learn about their amazing bodies!



Length of activity:
10 minutes*

*Duration will vary depending on your child's interest.

**Level of Engagement
Required by Adult:** Medium



Level of Prep Required: Low



What you need:

- Lyrics to "Head, Shoulders, Knees, and Toes" (below)

About the Activity:

Find a comfy place to sing and move with your child. How they engage with this activity will depend on their age. Younger babies will have to sit for this one, while older babies and toddlers should be encouraged to stand. Sing this song with your baby, putting your hands on each body part as you name it. Sing slowly the first couple times, emphasizing each word and your motions as you touch each part of your body.



"Head, Shoulders, Knees, and Toes"

Head, shoulders, knees, and toes, knees and toes.
Head, shoulders, knees, and toes, knees and toes.
Eyes and ears and mouth and nose.
Head, shoulders, knees, and toes, knees and toes.



For Your Infant: This will be a foundational exercise for your infant. They'll enjoy singing and moving with you, even if they're not yet able to sing along or imitate your motions accurately. The important thing here is your baby being exposed to the language labeling their body parts and making the visual and maybe even kinesthetic connection between the words and their body parts.

For Your Toddler: This is a fun, classic activity that toddlers love. They'll have a blast singing and moving with you as they develop the skills to sing along and imitate the body motions. The important thing here is your baby being exposed to the language labeling their body parts and making the visual and maybe even kinesthetic connection between the words and their body parts. After you've sung the song and gone through the motions a couple times, mix things up by singing and moving very fast, or very slow. Have fun trying this in different ways with your toddler and as you sing and dance together, talk with them about how you see them moving.

At-Home Summer Guide for Infants and Toddlers

Week of August 3, 2020



Get the Wheels Turning: All My Parts

Our little learners are just getting to know all the parts and pieces that make them whole... help them build their body-related vocabulary amid kisses and tickles!



Length of activity:
10 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: None



What you need:

- Just your kiddo!

About the Activity: This is a great, simple activity that can be done any time or anywhere. It's a convenient distraction for squirmy little ones during diaper time or can be used as a wind-down activity before nap or bedtime – but more than anything, it's a great opportunity to connect with your baby physically and emotionally. To get started, find a comfortable spot to play with your child. If you have a baby who's not sitting up yet, lay a blanket down on the floor, or lay with them on your bed. Babies who can sit and stand can choose whatever position is comfortable for them.

For Your Infant: How you engage in this activity will depend on their age. For our smallest babies, sit with them and ask if you can touch their hand, or their foot, or their face. Gently touch them and talk with them about their body: "That's your hand! I feel you squeezing my finger!" Continue in this way, helping them notice and identify different parts of their bodies and talking with them about what they do. If you have an older baby, you can ask them to find different parts of their body: "Where are your eyes? There they are! Can you blink your eyes?" This can be a great way to keep busy hands occupied during diaper changes: "Where's your head? Can you put your hands on your head? YAY, you did it!" As you play with your baby, you can ask them if you can tickle their toes or kiss their little fingers. Even if they can't tell you yes or no yet, asking their permission and waiting for an engaged response like a smile or a gurgle shows your baby respect, and helps them learn that they have autonomy over their bodies.

For Your Toddler: Ask your toddler to find different parts of their body: "Where are your eyes? There they are! Can you blink them?" This can be a great way to keep busy hands occupied during diaper changes: "Where's your head? Can you put your hands on your head? YAY, you did it!" You can also switch it up by asking them to identify parts of your body: "Where's my nose? You got it!" As you play with your child, you can ask them if you can tickle their toes or kiss their little fingers. If they say no, respect their space! Toddlerhood is a time when children are testing their independence and sense of self, and children build confidence when they have choice in what happens to them and control over their bodies.

At-Home Summer Guide for Infants and Toddlers

Week of August 3, 2020



Get the Wheels Turning: We Are Family

Take a trip down memory lane by pulling out family photos and connecting names with faces.



Length of activity:
15 minutes*

* Duration will vary depending on your child's interest.

Level of Engagement Required by Adult: High



Level of Prep Required: Medium



What you need:

- Family photos, printed or digital

About the Activity:

This activity is a great opportunity to introduce or reintroduce your child to family members both near and far. The social distancing of the past several months has meant that we haven't necessarily been able to connect with aunts, uncles, grandparents, and cousins in the way we're accustomed to. Aside from social distancing, our infants and toddlers go through a range of social and emotional growth in their first two years, experiencing different degrees of comfort with different people, especially those they don't see every day. This activity gives you the opportunity to show your child the faces of the people in your family and for you to talk with your child about what makes your family and family members so special.

For Your Infant:

Show your baby photos of your family members. Talk with them about the people in the photos, the places where the photos were taken, and the memories that the photos bring up for you. Encourage your child to explore the images and affirm what you see them noticing: "Yes, that's grandma! She's holding you at the beach! That was your first visit to the ocean. What a great memory!"

For Your Toddler:

Show your toddler photos of your family members. Talk with them about the people in the photos, the places where the photos were taken, and the memories that the photos bring up for you. Encourage them to explore the images and affirm what you see them noticing: "Yes, that's grandma! She's holding you at the beach! That was your first visit to the ocean. What a great memory!" Your toddler might recognize specific faces and be able to attach names to them. Encourage them to identify those familiar faces when they can, and teach them names for family members they may not remember, or have not even met yet!