

At Home Learning Guide for Infants (0–1 years old)

Week of May 18, 2020



This week, babies at home and in our centers are learning about **colors and shapes!**

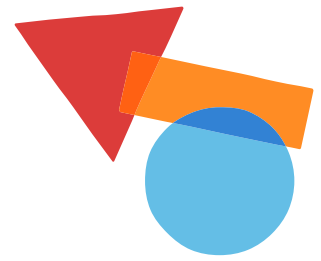
You and your baby will explore language and literacy as you notice colors and shapes in books, hunt for colors and shapes around your home as you work on your baby's physical development, and sing a favorite song in new ways as you practice creative expression.

This guide suggests materials that we hope you have around the house, but we know being at home with limited access to resources can make gathering materials tricky. Feel free to substitute materials with what you have at home, keeping in mind that the emphasis is on **colors and shapes**, and each activity lets you know if the focus of the activity is physical development, literacy, creative expression, etc.

Developmental Domains

We built our curriculum around six domains that are important to the whole child. Interested in learning more? Click [here](#).

This Week's Theme: Colors and Shapes



What you'll find in this guide. . .

We've organized this content the way your baby would be learning it in their center, but you can choose your own adventures and do the activities in any order.

MONDAY

**Baby Book Club
(Language and Literacy)**

Reading in Color Discover the rainbow of colors found inside the pages of a book.



TUESDAY

**Get the Wheels Turning
(Cognitive Development)**

Colorful Discovery Explore the variety of colors and shapes that exist in everyday household objects!



WEDNESDAY

Express Yourself! (Creative Expression)

Colorama What better way to get to know colors and shapes than with some good, old-fashioned coloring?



THURSDAY

**Get the Wiggle Out
(Physical Development and Wellness)**

Shaping Up Inspire your little one to get moving as they go on a shape hunting adventure!



FRIDAY

Express Yourself! (Creative Expression)

Baa Baa Every Color Sheep There's a black sheep in every flock...and a red sheep, and a yellow sheep, and a green sheep...



EVERYDAY LEARNING EXPERIENCES

Weave learning experiences into your everyday routines—no preparation needed!



FOCUS ON SOCIAL AND EMOTIONAL LEARNING

- Learn some easy ways to support your baby's social and emotional growth!
- Help your child develop important social-emotional skills by working on your family project! This week, we invite your family to explore the theme **Who Are the Helpers?**



Getting Ready for the Week: Materials to Gather

Monday

- Books (or e-books!) about colors

Tuesday

- Toys and household items of various colors (for example: a red shovel, an orange spoon, a yellow block, a green ball, a blue stacking cup)

Wednesday

- Crayons
- Paper

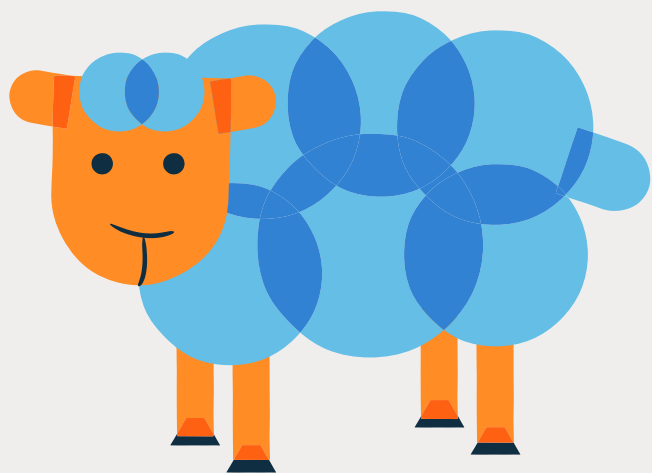
Thursday

- Household objects in a variety of shapes (round container lid, square book, triangle block)

Friday

- [Words to "Baa Baa Black Sheep"](#)
- Book about colors (optional)

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



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MONDAY

Baby Book Club: Reading in Color

Discover the rainbow of colors found inside the pages of a book.



Length of activity:
10-15 minutes*

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

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

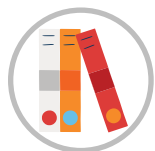


Level of Prep Required: Low



What you need:

Books (or e-books!)
about colors

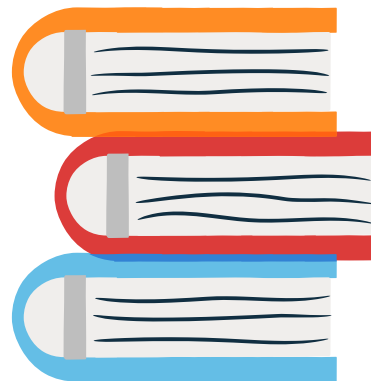


What your child is learning:

- Listening and responding to books read aloud
- Focusing on pictures in books
- Participating in shared reading experiences by babbling or gesturing

What you do: Choose any book about colors. If you don't have a book specifically about colors, that's ok! Any book with color illustrations will work. Sit with your baby on your lap and read the book. Point to the different colors you see in the book and what's happening in the picture: "There's a green frog! It's sitting on a lily pad. Frogs say 'ribbit!'" Read the book again, stopping to talk about the same illustrations once more. Keep reading for as long as your baby is interested.

If your child is ready: Make the reading experience more interactive by encouraging your baby to participate. Pause occasionally while reading to give your baby a chance to look, babble, or move. Observe their actions and respond verbally by saying things like "I see you looking at the sun. It's big and yellow!"



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TUESDAY

Cognitive Development: Colorful Discovery

Discover the rainbow hidden in everyday household objects!



Length of activity:
10-15 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:

Toys and household items of various colors (for example: a red shovel, an orange spoon, a yellow block, a green ball, a blue stacking cup)

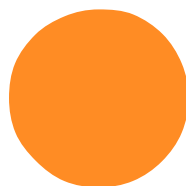


What your child is learning:

- Beginning to coordinate body movements to perform actions on objects
- Using hands to explore objects
- Beginning to notice bright or contrasting colors

What you do: Sit on the floor with your baby and show them the objects you've collected. Encourage them to explore the items. "Can you reach the red shovel? How does it feel? What can you do with that?" Comment on what your baby does with the items and talk with them about the color and shape of each item. Continue for as long as your baby is interested.

If your child is ready: You can make this activity a physical development experience by placing the items far enough away from your baby that they have to move their bodies closer to get them. Encourage them by saying something like "Look! Your green ball is under the table! Can you get it? Wow, you're working hard to move your body!"



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WEDNESDAY

Express Yourself: Colorama

What better way to get to know colors and shapes than with some good, old-fashioned coloring?



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: Medium



What you need:

- Crayons
- Paper

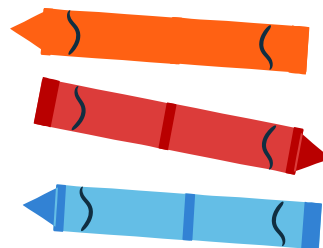


What your child is learning:

- Beginning to pay attention to bright or contrasting colors
- Using their senses to explore and manipulate objects
- Imitating simple actions of others

What you do: Sit with your baby in your lap or in a highchair. Put a piece of paper in front of them and several crayons in bright colors. Show your baby each crayon and talk with them about the color, drawing lines and shapes on the paper as you talk: "This crayon is blue, like the sky! I'm drawing a triangle, and I'm going to color it in with the blue crayon." Offer your baby a crayon and comment on what you see them doing with it. "You have a green crayon! It's a nice bright green, like the grass. I see you looking at it! What can you do with that?" Your baby may experiment with marking the paper with their crayon, or they may just look and touch. Either reaction gives you the opportunity to model writing and talk with your baby about colors and shapes.

If your child is ready: You can try a similar experience with different materials. If you have finger paint or playdough, you can make this a sensory experience by offering your baby those materials in different colors and encouraging them to explore colors in different textures.



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THURSDAY

Get the Wiggles Out: Shaping Up

Inspire your little one to get moving as they go on a shape hunting adventure!



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: Medium



What you need:

Household objects in a variety of shapes (round container lid, square book, triangle block)

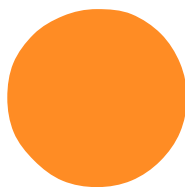


What your child is learning:

- Beginning to coordinate body movements
- Using hands to explore objects
- Trying a variety of approaches to meet needs

What you do: Place the objects you've collected around the room. If your baby isn't crawling yet, place them all within a couple feet of your baby. If your baby is mobile, place them so that they're dispersed around the room, but in places where your baby can see them. Tell your baby that you're looking for different shapes together. Make a show of looking around the room until you spy a shape. Point to it and say, "Look! There's a square book! Can you get it?" You can encourage your non-mobile baby to look, reach, or creep in the direction of the object. If they can't get to it on their own, you can hand it to them. If your baby is mobile, encourage them to get the shape. As your baby finds the objects, let them hold them and talk with them about the shapes: "You found the book! The book is square. That means it has four sides - 1,2,3,4!" Once you and your baby have gathered all the shapes, point to each one, naming the object and what shape it is.

If your child is ready: Put some objects in unexpected places: on a shelf or peeking out from under the couch. Help your baby explore and find the hidden objects. As you do, use positional words like up, down, under, and over. These types of words are mathematical terms that will help your child understand spatial reasoning as well as develop their vocabularies.





FRIDAY

Express Yourself: Baa Baa Every Color Sheep

There's a black sheep in every flock...and a red sheep, and a yellow sheep, and a green sheep...



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: Low



What you need:

- Words to "Baa Baa Black Sheep" (below)
- Book about colors (optional)



What your child is learning:

- Beginning to notice bright or contrasting colors
- Building vocabulary
- Enjoying music

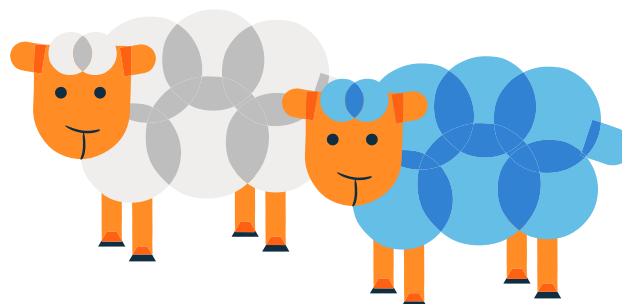
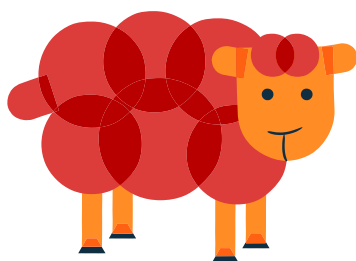


What you do: Sit with your baby facing you, either on your lap or on the floor. Sing the song "Baa Baa Black Sheep". You can use your color book to show your baby "black" as you sing that line, emphasizing the word 'black'. Then, sing the song again, substituting another color in place of black. You can show your baby the color you're singing about in the book as you sing. Continue this for as long as your baby is interested, adding a new color each time.

Baa, Baa, Black Sheep

Baa, baa, black sheep, have you any wool?
Yes sir, yes sir, three bags full!
One for the master, and one for the dame,
One for the little boy who lives down the lane
Baa, baa, black sheep, have you any wool?
Yes sir, yes sir, three bags full.

If your child is ready: Let your baby hold the book and explore the pages. Use the colors that they discover or show interest in to guide which colors you add to the song.



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Everyday Learning Experiences

Pick an activity to weave learning experiences into your everyday routines—no preparation needed!

Babies are learning to distinguish between familiar and unfamiliar people, objects and places. This is why as your baby gets older (usually between 7 and 10 months) they become more particular about who is holding them, or sensitive to being in new environments.

What You Can Do: During this time of social distancing, stay connected with friends and family through phone calls and video chats. Keeping loved ones' names, faces, and voices a part of your baby's life will help keep those you love familiar to your little one until they can see them in person again.

Even babies can express themselves creatively! You'll notice this as your baby finds new ways to move their body, becomes interested in bright or contrasting colors, explores different textures and shows enjoyment from listening to and making music.

What You Can Do: Notice what your baby is doing and engage with them! If you see them moving to the beat, move your body too, and model how to clap to the rhythm. Talk with them about the colors, shades, and textures you see them notice through their play. Responding to their interests lets them know that they're on to a big discovery, and providing the vocabulary to describe what you see them noticing helps build their language skills.

Babies may not have the gift of gab down quite yet, but they are master communicators and their capacity to learn language is astonishing. Babies use a variety of techniques to communicate with us. Their cries, babbles, coos and screeches are all their first attempts at verbalizing their wants and needs.

What You Can Do: Talking, singing, and reading to your baby are the key to developing your baby's language skills. If you speak a language other than English in your home, use it to communicate with your baby—they will learn how to communicate effectively in their home language as well as English. Respond warmly to your baby's babbles, coos, and cries. These are their first attempts at communication, so let them know that their message is being received!



Focus on Social and Emotional Learning

A baby's first year is essential to their social and emotional development. As babies learn that trusted adults are there to meet their basic needs, they develop the ability to trust and form attachments to familiar adults. Learning this in infancy impacts a child's ability to form and maintain positive relationships throughout their lives, so this is important stuff! The ability to trust that they are safe and cared for means that you'll begin to see them engage in some solitary play as well as enjoying interactions with other children. It also provides babies with the foundation to begin learning to manage their own emotions, another skill that they will need throughout their lives.

What you can do:

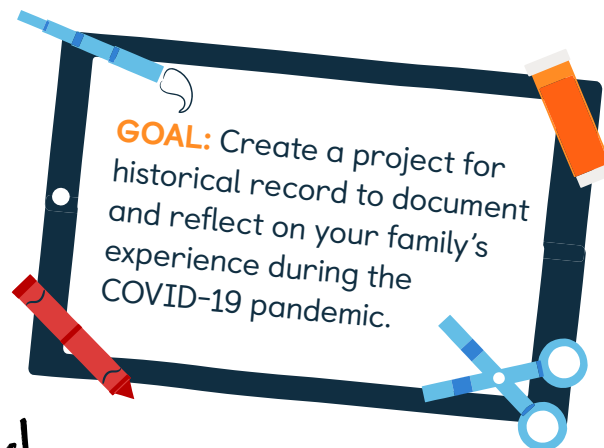
Be responsive! Whether your baby is crying out of need or trying to attract your attention by being adorable, responding to their vocalizations, gestures and actions lets them know that they're important to you, and that you are there to care for them! Even when your hands are busy with another task and you can't meet their needs immediately, verbally letting them know that you hear them and are there for them tells them their attempts to communicate are effective and help is on the way.





Family Project

Help your child develop important social-emotional skills by working on your family project!



For the past couple weeks, your family has been working through the first four themes of your family project. This week, we invite your family to explore the theme **Who Are the Helpers?**

Try this!

Helpers

Through the last few months, your family has experienced a new way of living. As with all new and challenging situations, there are always people helping others in creative and thoughtful ways. How has your family been helped by others? How have you helped others through this crisis? Add another layer to your family project to represent the helpers in your life.

Note: In case you missed it, we released our [Stay-at-Home Story: A KinderCare Family Project](#). By working on your project together, you're helping your child develop important social-emotional skills in fun new ways, while building their communication skills, creativity, and confidence! There are many project suggestions that require little fuss and are easy to weave into your regular day.

If you opted out of the project, just talking about your common experiences is a great way to build your child's skills and come closer together as a family. Use the prompts below as conversation starters with your child. The most important part of social emotional learning is creating an opportunity for sharing feelings and building community with others.

THEMES:

- ➔ **All the Feels:** Explore and identify your hopes, worries, gratitude, or frustrations.
- ➔ **Building Connections:** Find a way to embrace your family and community from a distance.
- ➔ **What Is Essential:** Redefine what *essential* means through your everyday actions.
- ➔ **Flexible Mindsets:** How are you learning and growing together as a family?
- ➔ **Who Are the Helpers:** Who is helping us? How are we helping others?