

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



Week of June 8, 2020

This week babies learning at home and in our centers are continuing their exploration of **Wonderful Water!**

You and your baby will **sing songs**, conduct **experiments** with water learning about how water is absorbed and things that float, and have a blast splashing in **puddles!**

If the weather is warm where you are, many of these activities* can be done **outside**. The cool water will feel great in the warm sun, just don't forget the sunscreen!

* Remember to wipe up indoor spills right away to prevent slips and falls! And never leave your baby unattended around even a small amount of water!

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:

Wonderful Water

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

Express Yourself (Creative Expression)

The Itsy Bitsy Spider Sing this favorite tune and help your baby discover why spiders hate getting caught in the rain!



TUESDAY

Get the Wheels Turning (Cognitive Development)

Take it Squeezy! Your baby experiments with absorbent materials and discovers what happens when they give them a squeeze!



WEDNESDAY

Express Yourself (Creative Expression)

Aqua Art Art meets science as your baby experiments by painting with water!



THURSDAY

Get the Wiggles Out (Physical Development and Wellness)

Puddle Stomp! Make a splash exploring puddles! Find some outdoors or create your own.



FRIDAY

Building Flexible Brains (Executive Function)

Where's the Ducky? Where'd the ducky go? Your baby finds out as they experiment with materials that float.



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 **Building Connections**.



Getting Ready for the Week: Materials to Gather

Monday

- [Lyrics to "The Itsy Bitsy Spider"](#)

Tuesday

- Bowl or container
- New sponge or clean wash cloth
- Water

Wednesday

- Construction paper (any color)
- Cup/container for water
- Water

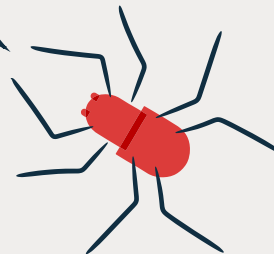
Thursday

- Pie tins or other shallow, non-breakable containers
- Water

Friday

- Rubber duck (or other floatable bath toy)
- Bucket, large bowl, or tub
- Water

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





MONDAY

Express Yourself: The Itsy Bitsy Spider

Sing this favorite tune and help your baby discover why spiders hate getting caught in the rain!



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:

Lyrics to
"The Itsy Bitsy Spider"
(below)



What your child is learning:

- To use language in creative ways
- To use music to tell a story
- To use body language to convey meaning



What you do: Sing the song with your baby, using hand motions to match the lyrics. Then sing it again, encouraging them to vocalize, wave their hands, or participate in any way they choose.



"Itsy Bitsy Spider"

The itsy bitsy spider *(move fingers together as though they are a spider)*

Crawled up the water spout. *(move hands up while continuing spider motion)*

Down came the rain *(wiggle fingers while bringing hands down)*

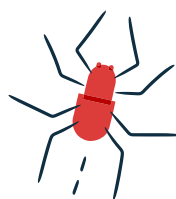
And washed the spider out. *(move each hand to the side)*

Out came the sun *(join hands in an arc above head)*

And dried up all the rain,

And the itsy bitsy spider *(move fingers together as though they are a spider)*

Crawled up the spout again. *(move hands up while continuing spider motion)*



If your child is ready: If your baby enjoyed the song and fingerplay, build on the experience! You can change the lyrics from "itsy bitsy spider" to "big, gigantic spider" and use a deep voice and exaggerated hand motions as you sing or come up with variations of your own!



TUESDAY

Get the Wheels Turning: Take It Squeezy!

Your baby experiments with absorbent materials and discovers what happens when they give them a squeeze!



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: Low



What you need:

- Bowl or container
- New sponge or clean washcloth
- Water



What your child is learning:

- To experiment with different materials
- How materials absorb and release water
- To use their fingers and hands in different ways

What you do: Place the bowl of water and washcloth or sponge between you and your baby. First, show them the water, dipping your finger in and inviting them to try too. Talk about how the water feels as you encourage them to explore. Then, show them the sponge or wash cloth. Hand it to your baby and let them explore however they choose. Then, show your baby how to dip it into the water. Demonstrate how to put the cloth or sponge in the water, and then let them try. As they explore, talk with your baby about what you see happening: is it absorbing water slowly, or quickly? Did they choose to put the whole sponge in, or just part of it? After you and your baby experiment with dipping the sponge into the water, show your baby how to put the sponge all the way in the water, lift it out, and then squeeze it to wring the water out. Talk with your baby about what you see happening and encourage them to try squeezing the sponge.

If your child is ready: Now that you've explored an absorbent material, add something non-absorbent to the activity. Give your child a bath toy or other water-resistant object and let them explore it alongside the sponge in the water. Talk with them about what you see them doing with both objects and the differences you see in how materials respond to water.



WEDNESDAY

Creative Expression: Aqua Art

Art meets science as your baby experiments by painting with water!



Length of activity:
15 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:

- Construction paper (any color)
- Cup/container for water
- Water

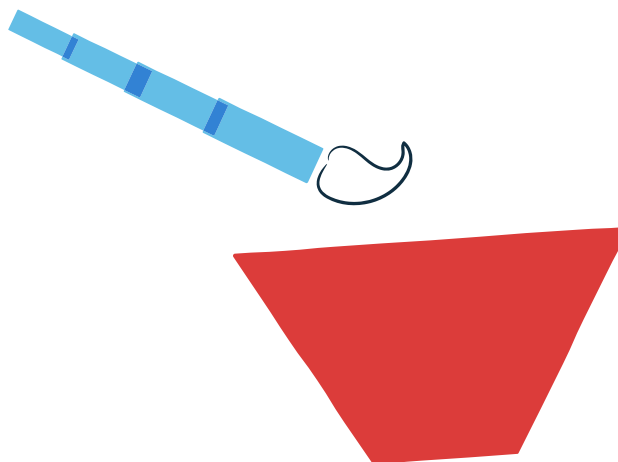


What your child is learning:

- To begin understanding the properties of water
- To express themselves creatively with different materials
- To use their hands and fingers in a variety of ways

What you do: Place the container of water and the paper in front of your baby. Show them how to dip their fingers in the water and then paint with them on a piece of paper. While painting, talk to your baby about what is happening to the paper when they paint it. Encourage your child to paint with water using their fingers and hands.

If your child is ready: Offer your baby a paint brush and show them how to dip it in the water and then use it to paint their paper.





THURSDAY

Get the Wiggles Out: Puddle Stomp!

Make a splash exploring puddles! Find some outdoors or create your own.



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: Low



What you need:

- Pie tins or other shallow, non-breakable containers
- Water



What your child is learning:

- To move their body in new ways
- To understand the properties of water
- To understand the different forms water can take

What you do: Pour a small amount of water into a plastic container or pie tin. If you have rain puddles in your yard or neighborhood, you can use those instead, if you don't mind your baby getting a bit dirty! Invite your baby to walk through and stomp in small puddles—with or without shoes, it's up to you! If your baby isn't walking yet, you can hold their hands and help them walk, or encourage them to explore with their hands, or crawl through the puddles. As your child stomps and splashes in the puddles, talk with them about what you see them doing. For example, "Wow! You stomped your foot so hard! That puddle made a big splash!"

If your child is ready: Encourage your child to move their body in the puddle in different ways. Can they do big stomps like an elephant, or tiny steps like a mouse?





FRIDAY

Building Flexible Brains: Where's the Ducky?

Where'd the ducky go? Your baby finds out as they experiment with materials that float.



Length of activity:
15 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:

- Rubber duck (or other floatable bath toy)
- Bucket, large bowl, or tub
- Water

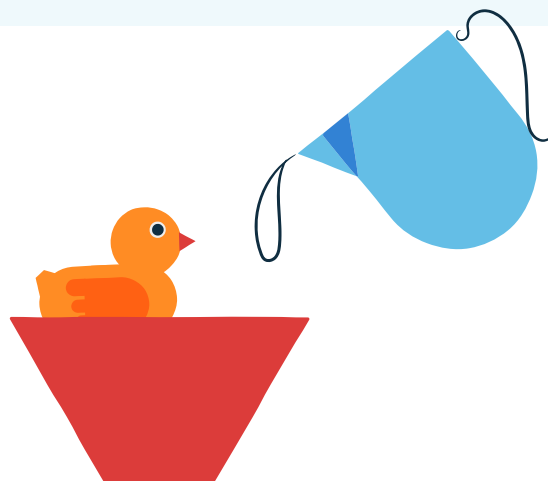


What your child is learning:

- To explore the concepts of "sink" and "float"
- How objects react to water
- To begin developing impulse control and flexible thinking

What you do: Sit down with your baby and the container of water. Show your baby the rubber duck. This is probably a familiar object to them, so talk with them about how this is the ducky they play with in the bathtub. Put the duck in the water and encourage your baby to play with it. As they do, talk with them about what's happening. Take notice of the duck floating, and how your baby is making it move in the water. Then, get your baby's attention, and push the duck under the water and ask them, "where did the duck go?" Watch how your baby responds, and then let the duck pop up and say, "there it is!" Repeat this as many times as you and your baby like.

If your child is ready: Can your baby push the duck under water? Model it slowly yourself, and then encourage them to try! Pay attention to how they use their hands and fingers to handle the duck and what strategies they try.





Everyday Learning Experiences

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

Babies are curious and increasingly use their senses to explore and learn—which is why **EVERYTHING** goes in their mouths!

What You Can Do:

Make sure they have toys that are **safe** to touch, taste, squeeze, and throw, and be aware of keeping their play space free of choking hazards.

Your baby's hand eye coordination is developing, so give them the opportunity to practice by providing toys they can **stack, nest, push, and pull**. You don't have to buy special toys—they'll play as happily with plastic containers you can't find the lids for as they will with something that came from the toy aisle!

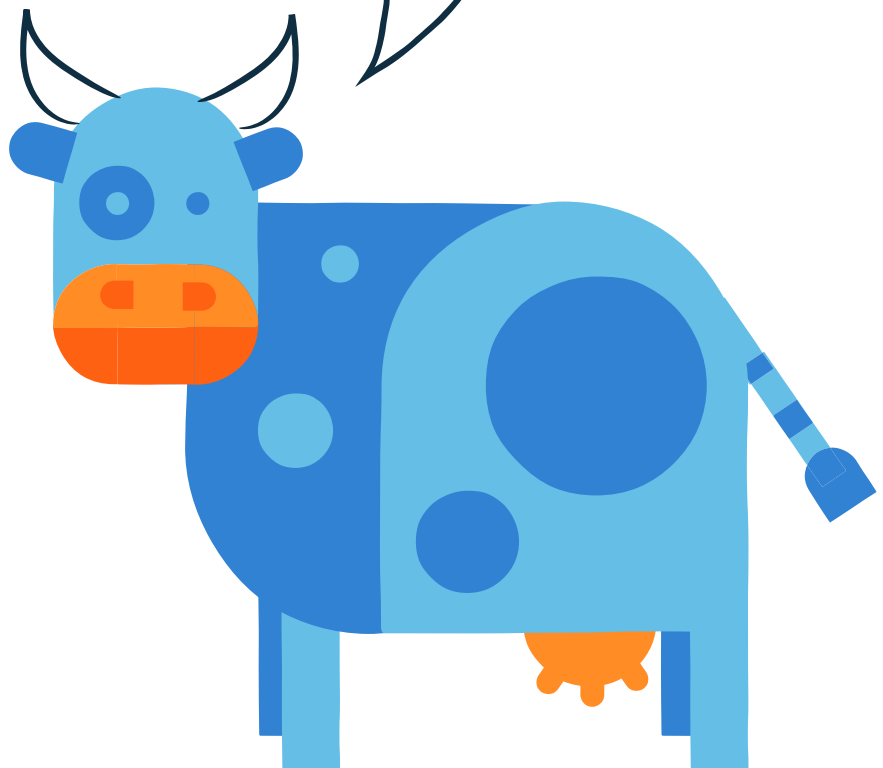
Executive function skills are an essential part of healthy development, and you can help your baby start developing them now! Play simple hide and seek games, encouraging them to find familiar objects by pointing, crawling, or walking to them. This helps them develop their memory skills, learn to manage their impulses, and think about things in different ways.



Focus on Social and Emotional Learning



Imagine how frustrating it must be not to be able to communicate what you need, when you need it. By introducing **signing** to babies, they learn to communicate wants and needs before they're able to verbalize them. This can make daily life easier for you *and* your baby! One easy sign to start teaching your baby is the sign for [milk](#). Simply open and close your hand like you're milking a cow without the vertical motion. Use the sign when you are breastfeeding or offering your child a bottle. There are many great books to help you learn signs to use with your baby, so check your local library or your favorite online retailer!

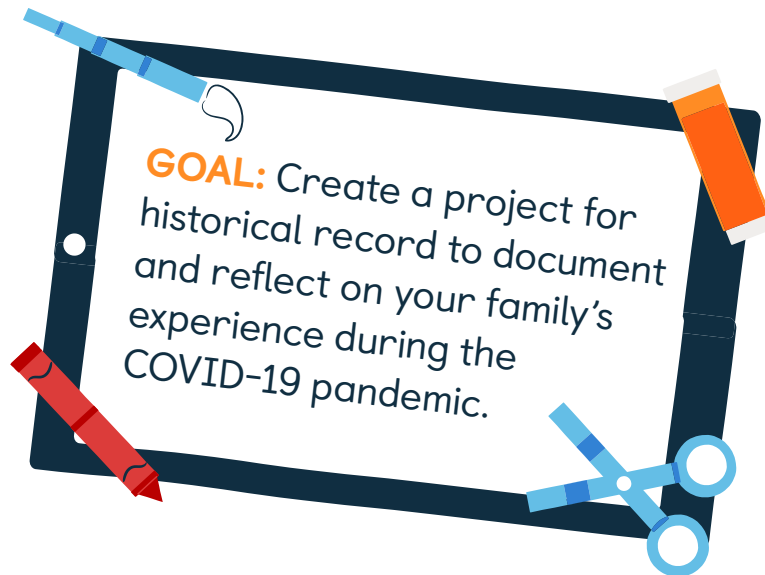




Family Project

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

For the past few weeks, your family has been working through different themes for your family project. This week, we invite your family to explore the theme **Building Connections**.



Empathy is one of the most important skills we can help children develop, even in their earliest years. Whether processing the pandemic or the protests that have swept our country, the ability to put ourselves in someone else's shoes to **try and understand what they're feeling** is vital. When we feel empathy for others, we're able to see perspectives beyond our own and show kindness and compassion. And when we're shown empathy, we **feel understood and less alone**.

Try this!

Instilling **empathy** in our children helps create a better world. This week, continue your family project by reflecting on and practicing empathy. It begins with understanding that the differences among people are **valuable**. Talk with your children about the importance of listening to and learning from others' life stories. What does it feel like to be treated unfairly because of how you look?



Ask your children **how they're feeling** and share your feelings with them. Then ask how it feels when others show concern for their feelings. What can they learn from that? What are some ways we can show others that we care about them and their feelings? Helping to develop empathy in your children is an important step in promoting **understanding and building connections**. Empathy is something that makes us and the community around us **stronger**!



Note: In case you missed it, we released [Our Stay-at-Home Story: A KinderCare Family Project](#) in May. 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! Many of the project suggestions require little preparation and are perfect to weave into your regular day.

If you've 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 themes below as a conversation starter 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?

