

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

Week of April 27, 2020



This week in our centers, babies would be continuing their exploration of gardens. You may still be at home, but there are plenty more opportunities to learn while celebrating springtime!

This week, your baby will:

- Explore the **sights and sounds of spring** in a variety of ways
- Build **muscle and coordination** by reaching for the sun
- Use springtime staples like flowers and water to develop **critical cognitive skills**

Is your baby about to be a toddler? Check out the “**If Your Child is Ready**” tips at the end of every activity for ways to keep the learning going for babies who are ready for the next challenge.

Developmental Domains are the areas of focus that support development of the whole child. Interested in learning more? Click [here](#) to discover the six developmental domains.

This Week's Theme: Growing Gardens



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 About Spring Weather Sunshine and spring smells come alive in this week's shared reading activity.

TUESDAY

Get the Wheels Turning! (Cognitive Development)



Where's the Water? Water helps plants grow and finding it can lead to so much fun!

WEDNESDAY

Growing Flexible Brains (Executive Function)



Floating Flowers Spring flowers suspended in water are an ideal way for your baby to explore the season and develop their ability to focus and pay attention.

THURSDAY

Express Yourself! (Creative Expression)



Sounds of Spring Listen and move to the seasonal sounds of spring!

FRIDAY

Get the Wiggles Out! (Physical Development and Wellness)



Reach for the Sun Stretch it out spring-style by reaching for the sun!

EVERYDAY LEARNING EXPERIENCES

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

Materials to Gather:

Monday:

- Books with pictures of the weather

Tuesday:

- About a cup of water
- A cup or bowl

Wednesday:

- 2-3 cups of water
- 2 water-tight plastic bags
- Real or plastic flowers (or waterproof pictures of flowers)

Thursday: N/A

Friday: N/A

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

FOCUS ON SOCIAL AND EMOTIONAL LEARNING

Social emotional learning is always important, but never more so than in challenging times like these when our ability to manage our emotions is put to the test!



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MONDAY

Baby Book Club: Reading About Spring Weather

Sunshine and spring smells come alive in this week's shared reading activity.



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 with pictures of the weather



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 that includes pictures of the weather. If you have multiple books available, allow your baby to select one. Sit with your baby on your lap and read the book. Point to any illustrations about the weather and talk about what's happening in the picture: "There's the sun! I bet it feels warm." If you're outdoors or can see outdoors through a window, point out any differences or similarities between your weather and the weather in the book: "The sun isn't shining here! Maybe that's why it's a little chilly." 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!" Or "Yes, there are clouds in the sky right there," when they babble while looking at a picture of clouds.



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TUESDAY

Get the Wheels Turning: Where's the Water?

Water helps plants grow and finding it can lead to so much fun!



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:

- About a cup of water
- A cup or bowl



What your child is learning:

- Observing objects and events
- Showing awareness of familiar objects
- Reacting to objects or events

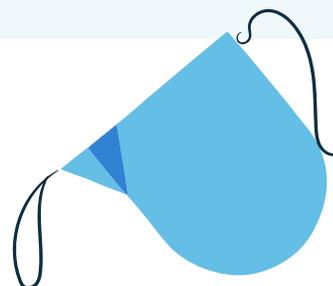
What you do: Familiarize yourself with the words to the song "Where's the Water?" Pour some water in a cup or bowl and sit with your baby in your lap and the water in front of you. Sing the song, gently splashing the water when you sing the words "there it is!" Notice your baby's reaction when you splash the water and talk to them about it: "You looked surprised when I splashed the water! Did you get wet?" Sing the song again for as long as your baby shows interest.

"Where's the Water?"

(sung to the tune of "Are You Sleeping?")

Where's the water?
Where's the water?
There it is!
There it is!
The water helps plants grow
The water helps plants grow
Big and strong
Big and strong

If your child is ready: Pause after singing the words "where's the water?" Encourage your baby to look at or point to the water, and verbally acknowledge their efforts before continuing the song: "I see you looking for the water! There it is!"





WEDNESDAY

Growing Flexible Brains: Floating Flowers

Spring flowers suspended in water are an ideal way for your baby to explore the season and develop their ability to focus and pay attention.



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:

- 2–3 cups of water
- 2 water-tight plastic bags
- Real or plastic flowers (or waterproof pictures of flowers)

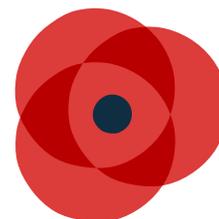
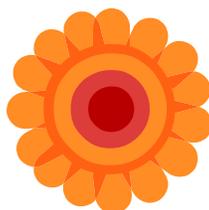
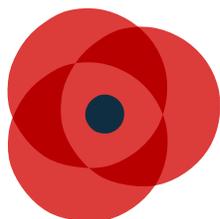


What your child is learning:

- Focusing attention on specific objects
- Responding to familiar objects

What you do: Fill one bag with water and seal it tightly. Fill the other bag with water and add the flowers. Show your child the bag of water. Help them safely explore the bag by asking questions like “How does the water feel?” Or “What do you see in the bag?” Next, show your baby the bag with the flowers. Draw their attention to the flowers by pointing and saying something like “look, there are flowers in this bag!” Help them explore this bag in the same way as the first. Does your baby show more interest in the bag with only water or the bag with the flowers?

If your child is ready: Place both bags in front of your baby and ask them “where are the flowers?” Notice where their attention goes and acknowledge their focus either way by saying things like “you’re looking at the flowers!” Or “I see you looking at this bag, it doesn’t have any flowers in it.”



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THURSDAY

Express Yourself: Sounds of Spring

Listen and move to the seasonal sounds of spring!



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:
N/A



What your child is learning:

- Expressing their interests through movement
- Focusing on and reacting to sounds



What you do: Create a written or mental list of springtime-related sounds and movements or use the suggestions on the right. Sit facing your baby and demonstrate the combined sounds and movements on your list. After each combination talk to your baby about what you just did and repeat the sound and movement. For example, you might say: “I made a buzzing sound and wiggled my fingers above my head! Buzz!”

Spring sounds and movements

Bees: “Buzz!” and wiggle your index fingers above your head like antennae

Birds: “Chirp, chirp!” and flutter your hands at your sides like bird wings

Wind: “Whoosh!” and wave your arms and hands slowly like the wind blowing outside

If your child is ready: Pause after each sound and movement and encourage your baby to mimic your actions. If they smile, coo, or move their hands you can say something like “that’s right! A bee says ‘buzz’ and moves their antennae like this!”

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FRIDAY

Get the Wiggles Out: Reach for the Sun

Stretch it out spring-style by reaching for the sun!



Length of activity:

5–10 minutes*

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

Level of Engagement Required by Adult: High



Level of Prep Required: N/A



What you need:

N/A

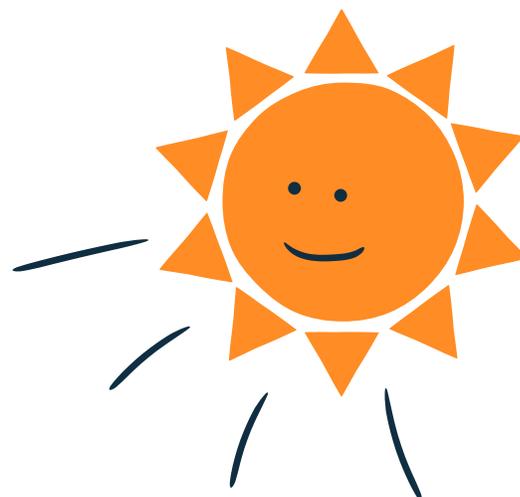


What your child is learning:

- Moving their body on purpose
- Using movement or gestures to elicit a reaction from an adult

What you do: Place your baby on their back or in a sitting position depending on their ability to sit independently. Tell them that flowers and other plants grow by reaching for the sun. Demonstrate an upward stretch by reaching your arms up towards the sky. Encourage your baby to mimic your actions by moving their own arms and reaching up, too. Offer positive praise for their efforts by saying something like “I see your arms moving! You’re reaching for the sun just like a flower.”

If your child is ready: Place your baby in a position where they’ll need to adjust their body before reaching for the sky, like on their belly or side. Demonstrate reaching for the sun like a flower and ask them if they can do it, too. Encourage them to adjust their body’s position so they have both hands free to reach for the sun. Offer help and encouragement by saying something like “You’re trying to roll over so you can reach for the sun. You can do it!”





Everyday Learning Experiences

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

1

As you and your baby go about your day, talk about the weather and what it looks and feels like. **Make connections** to what you're doing or wearing by saying things like "we're snuggling under this blanket because it's a cold, rainy day outside!" Or "It's so sunny and hot today! We are sitting in the shade to stay cool."

2

Anytime during the day, pick an object that your baby is familiar with, like a bottle or pacifier. Ask your child **where** the object is, using whatever special name your family has for it. Look around the space for it and encourage your baby to do the same. Celebrate and call your baby's attention to the item when you find it.

3

Use **sound effects** when you're doing everyday things like walking from one room to the next or opening and closing doors. Try to keep the sound effect and activity consistent to see if your baby begins to anticipate them or even participate.

4

Whenever you can, offer your baby choices to give them an opportunity to **express their preference**. For example, show them a yellow onesie or a blue one when it's time to get dressed. Look for cues from them like eye movement, reaching, or babbles to let you know which choice they prefer.

5

When it's time to lift your baby up, hold out your arms and **pause for a reaction** from them. Encourage them to lift their arms up and reach for you, too. This will help them develop physically while also reinforcing their ability to communicate with you about their needs.



Focus on Social and Emotional Learning

Parenting young children through a global pandemic is probably not something you ever anticipated doing. There are a ton of emotions that come with this experience, and the emotional rollercoaster isn't limited to adults – our kids are feeling it too. In young children, stress and anxiety shows itself in a variety of ways, from sleep disruptions to emotional meltdowns to extra clinginess and attention seeking.

Watch our first episode of [Puppet Pals!](#) We introduce our favorite puppet characters, Uncle Gerald and Tootlebootle, who discuss living in a pandemic. Do you have a topic you'd like our puppets to discuss? Send your idea to education@kc-education.com!

Also, our friends at Sesame Street have a variety of materials designed to support you and your little ones through this unprecedented moment in our history. From tips for families on how to schedule the day and keep learning happening at home, to dances and meditations to help kiddos manage big feelings, check out <https://www.sesamestreet.org/caring> for strategies, resources, and much more.

