

At-Home Summer Guide for Infants and Toddlers

(0–2 years old)

Week of August 24, 2020



This week, you and your child will continue exploring what makes them special through the theme **“All About Me”!**

This week’s activities will help your child explore their creativity in all sorts of ways! From making bold fashion statements to getting messy with paints, your baby’s burgeoning **creativity** will be on display! You’ll also have the opportunity to explore your child’s favorite **books** and get **physical** during a pint-sized obstacle course.

This week’s activities are all easy to do indoors or out, and require minimal prep work and supplies, so if you’re heading out for a summer vacation, take time to learn with your little one along the way!

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...



CREATIVE EXPRESSION

Let's Pretend!

The clothes don't make the kid, the kid makes the clothes! Have fun trying on different personas with your little one.



GET THE WIGGLES OUT

Obstacle Course!

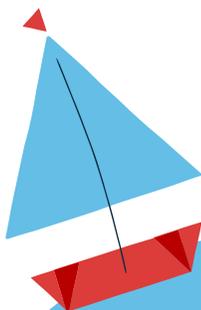
Put your little one's physical skills to the test with this fun series of challenges.



CREATIVE EXPRESSION

High Five!

Get ready for some messy fun as you and your little one get hands-on with paint!



BABY BOOK CLUB

My Favorite Book

Read your little one's favorite book...and then read it again, and again!



CREATIVE EXPRESSION

I Have Something in My Pocket

Pull that smile out of your pocket and put it on your face!

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Getting Ready for the Week: Materials to Gather

Let's Pretend!:

- Different types of clothes, including costume items: hats, gloves, tutus, boots, animal ears, etc.

Obstacle Course!:

- Materials to construct "obstacles": pillows to crawl over, cardboard boxes to crawl through, beanbags or balls to throw, safe objects to climb over like an ottoman, etc.

High Five!:

- Paper
- Tempera or finger paint
- Paint brush
- Wipes or paper towels for easy cleanup

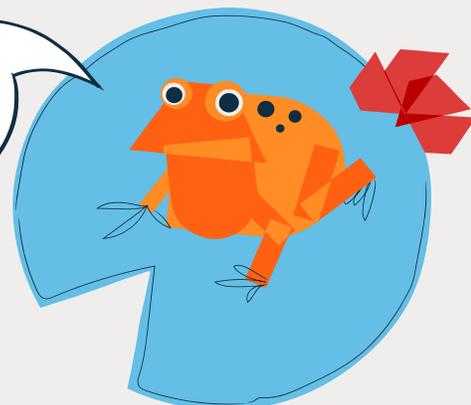
My Favorite Book:

- Your child's favorite book!

I Have Something in My Pocket:

- [Lyrics to "I Have Something in My Pocket"](#)

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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Creative Expression: Let's Pretend!

The clothes don't make the kid, the kid makes the clothes! Have fun trying on different personas with your little one.



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:

- Different types of clothes, including costume items: hats, gloves, tutus, boots, animal ears, etc.

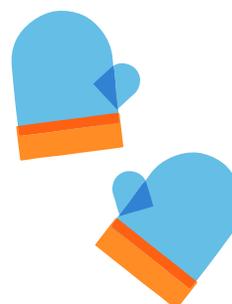
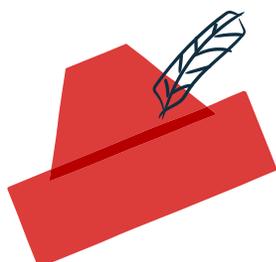
About the Activity:

Babies and toddlers love the novelty of dress up items! They provide lots of fun opportunities to practice language, creative and motor skills, all while being really silly!

For Your Infant:

This activity will introduce your baby to the concept of dressing up, though your baby won't begin understanding imaginative play until they're closer to two. By playing a simplified version of dress up with your baby, you'll have opportunities to talk with them about what they like and don't like, try new things, exercise creativity, and build new vocabulary.

Sit down with your baby on the floor and show them the different items you gathered. Ask them what they see and explore the different items with them. They may try to put on different clothing items, with varying degrees of success. You can ask them if they'd like your help if they get stuck. You can also ask them if they would like to try to dress you and let them try plopping a hat on your head or tossing a boa around your neck.



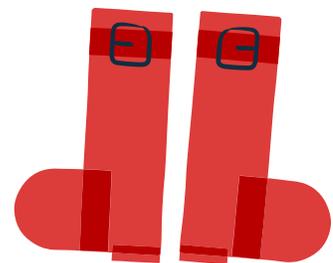
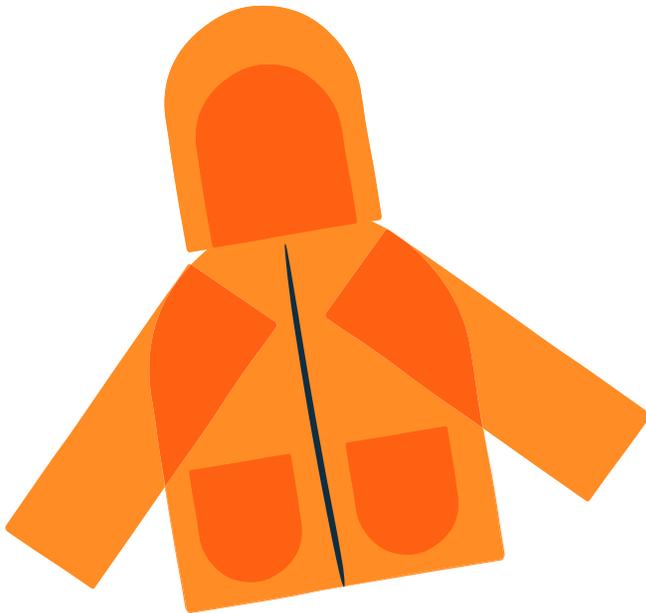
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For Your Toddler:

This activity will introduce your toddler to the concept of dressing up, though your toddler won't fully understand imaginative play until they're closer to two. As you and your child explore imaginative play, you'll have opportunities to talk with them about what they like and don't like, try new things, exercise creativity, develop self-care skills, and build new vocabulary.

Show your toddler the different items you gathered. Ask them what they see and explore the different items with them. Encourage them to put on different clothing items, offering help as needed. You can also ask them if they would like to try to dress you and let them try plopping a hat on your head or tossing a boa around your neck. As you dress up together, ask them questions about the clothing items they're exploring and who they belong to. For example, "You're wearing daddy's favorite baseball cap! That looks great on you! Can you pretend to be daddy? How does he walk?" Encourage your child's creativity and have fun!



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Get the Wiggles Out: Obstacle Course!

Put your little one's physical skills to the test with this fun series of challenges.



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: High



What you need:

- Materials to construct "obstacles": pillows to crawl over, cardboard boxes to crawl through, beanbags or balls to throw, safe objects to climb over like an ottoman, etc.

About the Activity: The objective of this activity is to get your little one moving in different ways and testing out all the cool things their bodies can do! This activity is open ended and flexible, so you can easily engage your little one from wherever they are developmentally. By presenting them with interesting materials that they can explore in new ways, you'll capture their interest and give them an opportunity to test their abilities!

For Your Infant: If you have a younger infant who's not mobile yet, there are still lots of "obstacles" you can challenge them with! Think about which developmental skills your baby is working on, and which they've already mastered. If they're still working on sitting up, your challenges can include activities like reaching for a rattle while on their belly, which will help strengthen their core muscles. If they're working on crawling, you can create a challenge where you roll a ball and encourage them to move towards it. The activities you come up with should be entertaining for your baby and just challenging enough to require them to invest effort in achieving them, while still being simple enough that they can be successful with some effort (and maybe even a little help from you!). Choose two or three activities to begin with and see how your baby responds. Are they having fun? Do they have the attention span to try another activity? Or are they worn out, and ready for some snuggle time? Follow their lead!

For Your Toddler: This is a fun activity to do with toddlers, who are all about testing their skills and doing things for themselves! Think about which developmental skills your child is working on, and which they've already mastered. Choose "obstacles" for them that will help them develop the skills they're working on. This might mean throwing balled up socks into a laundry basket to practice throwing overhand, running between teddy bears set up in a zig-zag formation to practice balance, or jumping from one hula hoop to another to practice jumping with two feet. The activities you come up with should be entertaining for your toddler and just challenging enough to require them to invest effort in achieving them, while still being simple enough that they can be successful with some effort (and maybe even a little help from you!). Choose two or three activities to begin with and see how they respond. Are they having fun? Do they have the attention span and energy left to try another activity? Or are they worn out, and ready for some snuggle time? Follow their lead!

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Creative Expression: High Five!

Get ready for some messy fun as you and your little one get hands-on with paint!



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:

- Paper
- Tempera or finger paint
- Paint brush
- Wipes or paper towels for easy cleanup

About the Activity:

Sit down with your child and take their hand in yours. Hold it gently and talk with them about it: count their fingers, gently touch and name the different parts of their hand, and then show them your hand and do the same. Note the similarities and differences between your hand and your child's hand. Then, show them the paint and the paint brush and ask them if you can paint their hand. They may be very clear that they're not interested, and that's OK! In that case, you can demonstrate the activity yourself. Use the paint brush and paint to paint your or your child's palm. Then explain that together you're going to make a print on the paper and help them turn their palm over and place it gently and firmly on the paper. Then talk with them about the hand print. Count the fingers. Talk about the colors you used, and how the paint felt on their hand. Compare the size of your hand print with theirs and talk with them about the similarities and differences you see.

For Your Infant:

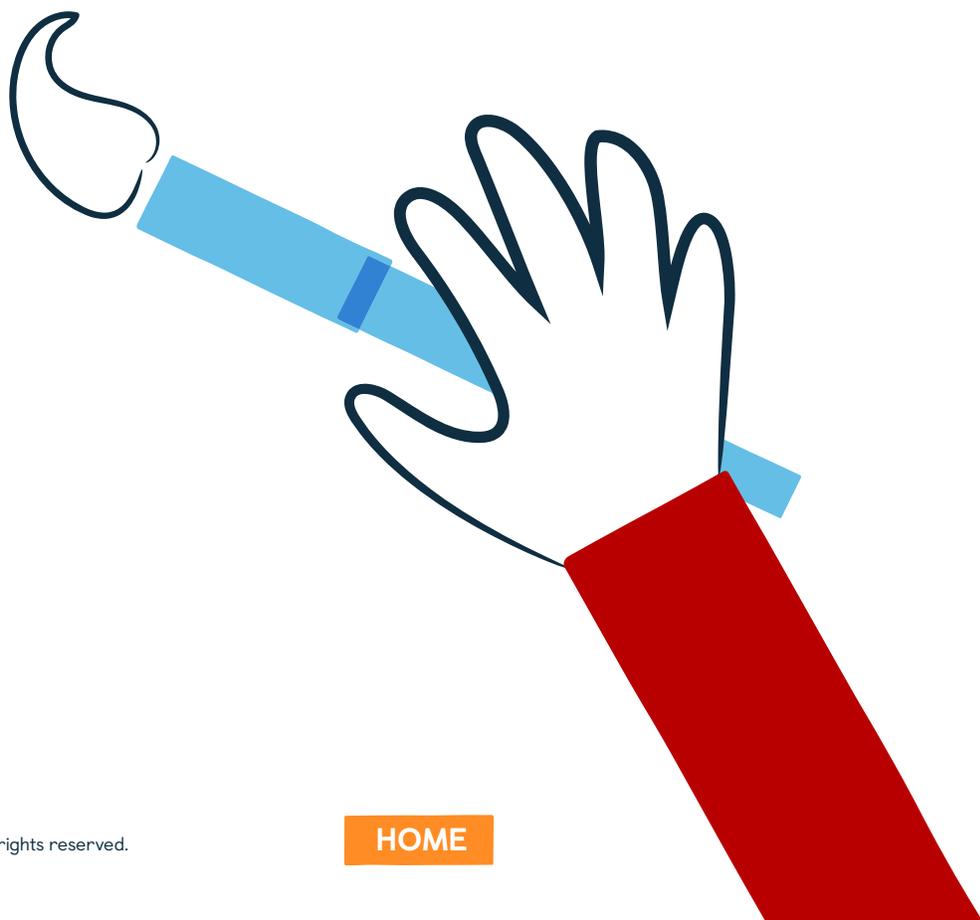
This is a foundational activity that will expose your baby to the concepts of similarities and differences, learning about the human body, getting comfortable with different textures, and using art to express ideas. It's important to ask your baby if you can paint their hand, and only to proceed if they seem agreeable. By asking for their consent, you are sending an important early message that they have autonomy over their own body, and the right to make their own choices about what to do with their bodies. They may not want to have their hand painted or put their hand on the paper, and that's OK! The important part of this activity is connecting with your baby and talking with them about your hand and theirs. On the other hand, they may be very excited by the texture of the paint and their ability to transfer paint from their hand to the paper. This activity may turn into a full-on finger-painting session, and if that's what inspires your little one, go for it!

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For Your Toddler:

This is a foundational activity that will expose your toddler to the concepts of similarities and differences, learning about the human body, getting comfortable with different textures, and using art to express ideas. It's important to ask your toddler if you can paint their hand, and only to proceed if they agree. By asking for their consent, you are sending an important early message that they have autonomy over their own body, and the right to make their own choices about what to do with their bodies. They may not want to have their hand painted or they may insist on being the one to paint your hand, and that's OK! The important part of this activity is connecting with your child, having interesting conversations, and allowing them to freely explore the materials. On the other hand, they may be very excited by the texture of the paint and their ability to transfer paint from their hand to the paper. This activity may turn into a full-on finger-painting session, and if that's what inspires your little one, go for it!



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Baby Book Club: My Favorite Book

Read your little one's favorite book...and then read it again, and again!



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:

- Your child's favorite book!

About the Activity: Sit down with your child to read their favorite book. As you read, pay attention to what words or illustrations capture your child's attention. Talk with them about what you notice them responding to and use rich language to help build their budding vocabularies. Babies and toddlers are notorious for wanting to hear their favorite book read again and again, which is great because they learn a lot through repetition! Read the book as many times as they're interested, but each time you read it, find something different to focus on. For example, one reading may include you providing animal sounds for each animal pictured, and the next reading might include helping your little learner count all the different animals you see. Even though your child may not be able to imitate your words or count along with you yet, experiences like these are exactly how they learn those skills, so keep it up and have fun!

For Your Infant: Pay attention to how your baby responds to how you read the book. Do they stare at the pictures for a long time? Do they like it when you make funny sound effects, or do they look at you like you're strange? Pick up on your child's cues and give them more of what they like and avoid the things they don't. Encourage your baby to imitate you in simple words or sounds, like, "Choo choo!" to describe a chugging train, or, "oink!" when you come to a picture of a pig.

For Your Toddler: Pay attention to how your toddler responds to how you read the book. Do they stare at the pictures for a long time? Do they like it when you make funny sound effects, or do they look at you like you're strange? Pick up on your child's cues and give them more of what they like and avoid the things they don't. Ask them questions about the story and pictures. They may or may not be able to answer you, depending on their verbal skills, so if they aren't talking much yet, continue to provide them with vocabulary for the different details you notice in the book. If they can repeat words, encourage them to name familiar objects and practice new words as well.

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Creative Expression: I Have Something in My Pocket

Pull that smile out of your pocket and put it on your face!



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 "I Have Something in My Pocket" (below)

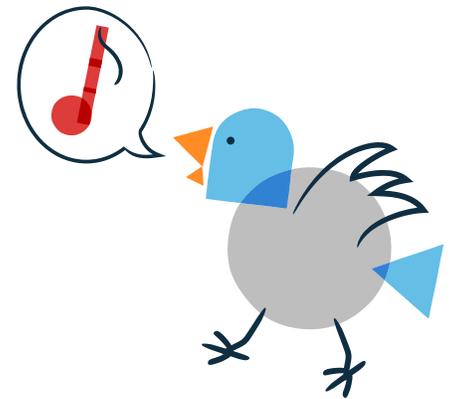
About the Activity:

Sit facing your child and sing, "I Have Something in My Pocket," matching your hand gestures to the words of the song and keeping your facial expression animated.



"I Have Something in My Pocket"

I have something in my pocket
It belongs across my face.
I keep it very close at hand
In a most convenient place.
I bet you could not guess it
If you guessed a long, long while.
So I'll take it out and put it on—
It's a great big happy SMILE!



For Your Infant:

Your facial, vocal, and body cues will interest your baby as much as the song itself. As you sing, make eye contact with them, smile, and move your body to the music. Your baby will learn so much from watching you: your animated expression, smiles, and eye contact will teach your baby that you're emotionally present and connected with them. The words of the song will reinforce familiar vocabulary and introduce new words as well. Moving your body to the rhythm will help your baby learn to do the same. As you sing this song with them, you may notice them vocalizing or moving their bodies along with you. If you notice this, let them know you see them singing and dancing, and that you think they're amazing!

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For Your Toddler:

Your facial, vocal, and body cues will interest your toddler as much as the song itself. As you sing, make eye contact with them, smile, and move your body to the music. Encourage your toddler to join you in the hand motions. They'll learn so much from watching you: your animated expression, smiles, and eye contact will teach them that you're emotionally present and connected with them, and the hand gestures will help your toddler learn the words in the song.

