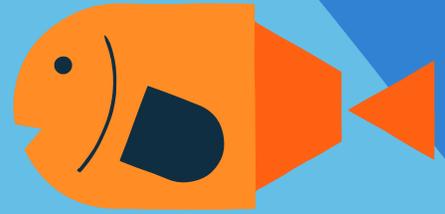


At-Home Learning Guide for Infants (0–1 years old)



Week of June 1, 2020

This month, infants in our centers and at home are learning all about the **wonderful world of water!**

This week, your baby will learn a cute song about a swimming fishy, **explore water** with their hands, and have a ton of fun experimenting with bubbles!

Exploring the water* is a lot of fun, but can also be **messy!** If it's warm where you are, pull out the wading pool for some of these activities...or if the day got away from you and suddenly it's almost bedtime, many of these activities can even be done in the bath!!

** 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)

I'm a Little Fishy This sweet song about a little fishy will bring a smile to your baby's face!



TUESDAY

Get the Wheels Turning (Cognitive Development)

Splish Splash! There's so much fun to be had with water...just add toys!



WEDNESDAY

Building Flexible Brains (Executive Function)

What's in the Basket? There's a lot to explore when it comes to water! What will grab your baby's attention?



THURSDAY

Baby Book Club (Language and Literacy)

Beach Books Let a book take you away... to the beach!



FRIDAY

Get the Wheels Turning (Cognitive Development)

Bubbles and Suds Nothing is more fun for a baby than bubbles!



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 **Flexible Mindsets**.



Getting Ready for the Week: Materials to Gather

Monday

- [Lyrics to "I'm a Little Fishy"](#)

Tuesday

- Plastic tub
- Sponge
- Water toys (cups, spoons, funnels, buckets, etc.)
- Towels or paper towels

Wednesday

- Toy sea creatures and objects (fish, crabs, seahorses, starfish, and shells)
- Toy boats
- Small plastic containers of water, tightly sealed
- Damp washcloths and sponges
- Small cloth or hand towel

Thursday

- Books about the beach or ocean (such as "Mr. Seahorse or A House for Hermit Crab" by Eric Carle, or "At the Beach" by Anne Rockwell). If you don't have a book about the ocean or beach at home, try digital versions from your library or favorite e-reader! And in a pinch, just pick any book you enjoy reading with your baby—reading and talking with your baby are the most important parts of this experience!

Friday

- Large plastic tub or container
- Tear-free shampoo
- Towel
- 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: I'm a Little Fishy

This sweet song about a little fishy will bring a smile to your baby's 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'm a Little Fishy" (below)



What your child is learning:

- To express themselves creatively through music and movement
- To enjoy music
- Familiarity with animals that live in the water



What you do: Sit with your baby and sing the song "I'm a Little Fishy." Add hand motions for them as you sing the song the first time. Sing the song again more slowly a second time. Smile and make eye contact with your baby as you sing and respond when your baby expresses interest or enthusiasm.

If your child is ready: Sing this song again, replacing "fishy" with other creatures that swim such as sharks, seahorses, or jellyfish. Adjust your hand motions to reflect the creature you're singing about.

"I'm a Little Fishy"

(sung to the tune of "I'm a Little Teapot")

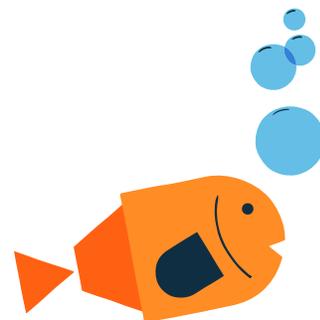
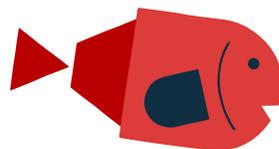
I'm a little fishy. I can swim.

Here is my tail. Here is my fin.

When I want to have fun with my friends,

I wiggle my tail and dive right in!

(make diving motion with hand)





TUESDAY

Get the Wheels Turning: Splish Splash!

There's so much fun to be had with water...just add toys!



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:

- Plastic tub
- Sponge
- Water toys (cups, spoons, funnels, buckets, etc.)
- Towels or paper towels to clean up spills



What your child is learning:

- To experiment with pouring, scooping, and dumping
- To use their hands to manipulate objects
- To explore different textures and materials

What you do: Pour a small amount of water into a plastic tub. Add the sponges and water toys to the tub. Encourage your baby to scoop, pour, and splash in the water. Talk with them about how they're using their body and what materials they're using. This activity can easily be done inside, but if the weather is nice take it outside!

If your child is ready: If you have bath toys like rubber ducks or water animals, include them in your materials and talk with your baby about animals that live in the water!

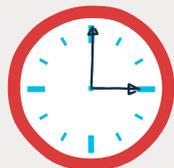




WEDNESDAY

Building Flexible Brains: What's in the Basket?

There's a lot to explore when it comes to water! What will grab your baby's attention?



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



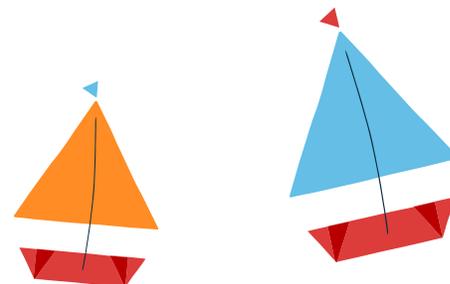
What you need:

- Toy sea creatures and objects (fish, crabs, seahorses, starfish, and shells)
- Toy boats
- Small plastic containers of water, tightly sealed
- Damp washcloths and sponges
- Small cloth or hand towel



What your child is learning:

- To find objects that are out of sight
- How to sort and classify objects
- To explore different materials and textures



What you do: Gather the materials and place them in a basket. Sit on the floor with your baby and set the basket in front of them. Encourage your baby to explore what's in the basket. As they take items from the basket, talk with them about what item they've discovered and how they're using it. Use water-related vocabulary as you talk with your baby, such as words like *damp*, *wet*, *swim*, and *splash*. Then, take the cloth and place it over one of the objects. Ask your baby, "Where's the boat?" Observe how your baby responds and whether or not they move the cloth to find the boat. Repeat this process with other objects in the basket for as long as your baby is interested.

If your child is ready: If your baby enjoys this activity, extend it into a game of peek-a-boo. Hide your face behind the cloth for a few moments, saying "can you find me?" Reveal your face and say "peek-a-boo!" After you've done this several times, offer the cloth to your baby and see if they try to put it up to their own face, or hand it back to you to continue the fun.



THURSDAY

Baby Book Club: Beach Books

Let a book take you away...to the beach!



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:

- Books about the beach or ocean (such as "Mr. Seahorse or A House for Hermit Crab" by Eric Carle, or "At the Beach" by Anne Rockwell). If you don't have a book about the ocean or beach at home, try digital versions from your library or favorite e-reader! And in a pinch, just pick any book you enjoy reading with your baby—reading and talking with your baby are the most important parts of this experience!



What your child is learning:

- To enjoy books and being read to
- Vocabulary related to water
- How to interact with books

What you do: Find a comfy spot to curl up and read with your baby. Read the book with them a few times. As you read together, talk with your baby about the illustrations: the color of the water; how animals move through the water; what you imagine the water might feel, smell, taste, and sound like.

If your child is ready: Encourage a lifelong love for reading by encouraging your baby to help you hold the book and turn the pages!





FRIDAY

Get the Wheels Turning: Bubbles and Suds

For a baby, nothing is more fun than bubbles!



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:

- Plastic tub or container, large
- Tear-free shampoo
- Towel
- Water

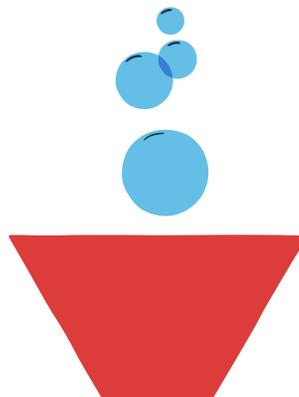


What your child is learning:

- To explore cause and effect
- To understand the properties of water
- To experience different textures and materials

What you do: Partially fill the tub with water and add a few drops of tear-free shampoo to make bubbles and suds. Encourage your baby to touch the water and to reach for the bubbles and suds. "What's in this tub? Do you see the bubbles? Can you touch the bubbles?" Comment on how your baby is exploring the tub of suds and what is happening to the bubbles. "When you touch a bubble, what happens? The bubble pops! Pop, pop, pop!" If the bubbles start to decrease, demonstrate splashing the water slightly to create more bubbles. "Where did all of the bubbles go? We can make more bubbles by doing this with our hands... now you try it."

If your child is ready: Add a washcloth or sponge, and some plastic toys. Model for your baby how to use a washcloth to clean the toys. Then, encourage them to try!





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 particular about who is holding them or sensitive to 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 friends and loved ones names, faces, and voices a part of your baby's life will help keep those we love familiar to your little one until they can see them in person again. Always sit with your baby during these calls and talk with them about who they are seeing. Respond to your baby's verbalizations or gestures. Video chatting is one way to stay in touch, but it can never replace direct contact and responsiveness from you.

Executive Function refers to the skills we use to shift gears, control our impulses, and act on information in our memory. These complex skills are developed throughout childhood. As with all learning, the seeds for these skills are planted when we are babies.

What You Can Do:

Play simple hide and seek games, encouraging your baby to find familiar objects by pointing or crawling to them.

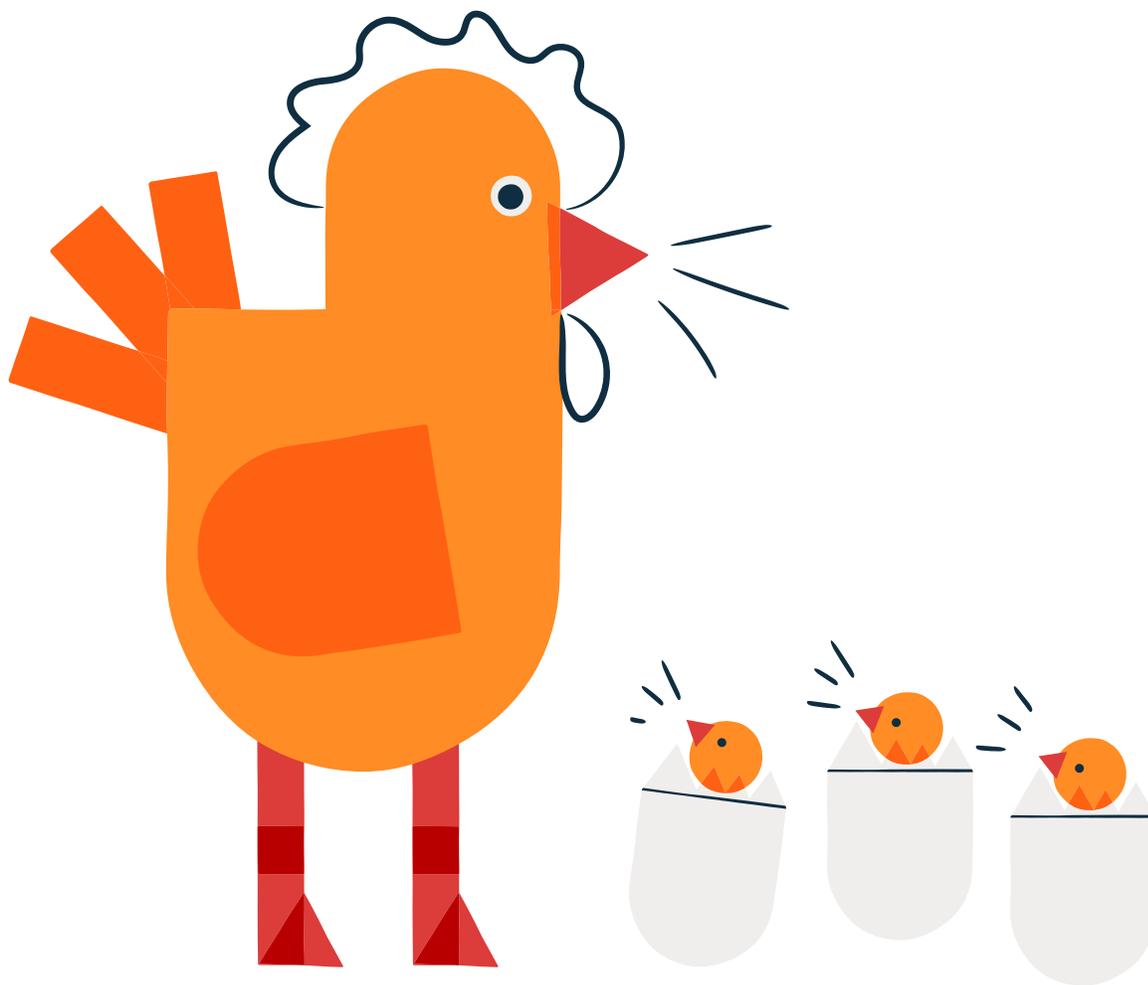
If your baby is a bit wobbly sitting up, place them in a sitting position and sit behind them. This gives your baby an opportunity to build core muscles while sitting, but with your body as support. Place toys in front of your baby to keep their weight shifting forward. Your baby's strength will increase quickly.





Focus on Social and Emotional Learning

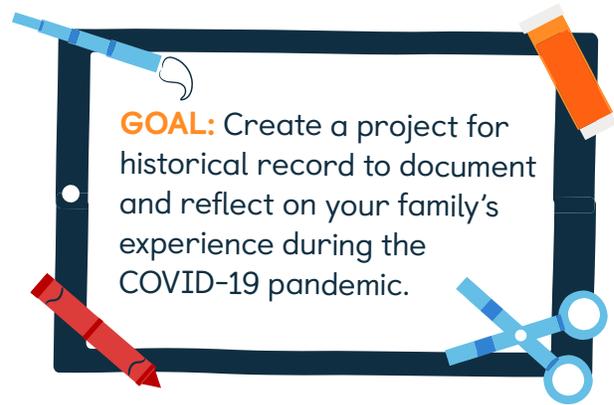
Describe what you hear and see your baby doing. This is another part of Serve and Return that we discussed in last week's guide. When you narrate your baby's actions back to them, you're affirming they're seen and you think they're amazing! You can also partner this with describing your actions to them. Do this when your baby is anxiously waiting for their bottle or waiting for you to finish another task and return to them. "I can tell you're hungry. I'm putting your bottle in the warmer and then I'm coming back to check on you." By doing this, you're giving them the vocabulary that they'll soon begin using to communicate with you verbally.





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 the first six themes of your family project. This week, we invite your family to explore the theme **Flexible Mindsets**.

Try this! →

Flexible Mindsets Have you ever heard the phrase, “When life gives you lemons, make lemonade”? That’s a great way to think about growing a flexible mindset. We can’t control certain things about life but we can control how we react to a difficult or surprising situation. Life during COVID-19 has required everyone to make sacrifices or adjustments so we can help not just our family and neighborhood, but the whole world. What does the word sacrifice mean to you? Can your family identify a surprising or positive outcome from the sacrifices they have made?

Add another layer to your family project that represents the sacrifices your family has made during the last few months.

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?