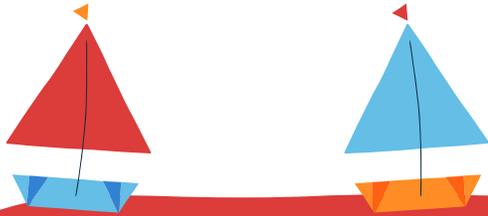
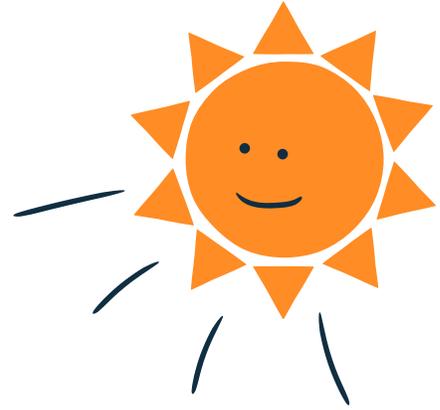


# At-Home Summer Guide for Infants and Toddlers (0–2 years old)

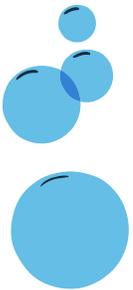
Week of June 22, 2020



This week our infants and toddlers continue to explore **water**! Many of these activities will introduce your little one to the way water can be used to **clean things**. These introductory experiences help our youngest learners begin to connect the water in their bathtub to the wet stuff that falls from the sky.



This week your little one will help give a baby a **bath**, get **messy** making mud-pies, learn how to help **clean up** a mess, **sing** a cute song about a little fish, and work with you to make a **rain stick** to create rain sounds.



Many of this week's activities can be done **outdoors**, so if it's nice out, enjoy the sun as you play with water. Some of them can also be done in the bathtub, giving you an easy way to add learning into your daily routines.



# This Week's Theme:

# Wonderful Water

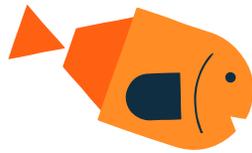
What you'll find in this guide. . .

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...

## GET THE WHEELS TURNING

### Washing Babies

Our babies know the ways we take care of them. Now it's their turn to bathe, dry, and clothe their own babies!



## BUILDING FLEXIBLE BRAINS

### Let It Rain!

Create a rainstorm at home!



## GET THE WIGGLES OUT

### Tiny and Tidy

Playing with water is lots of fun and also a great way to help your little one begin learning how to help when it's time to clean up!



## EXPRESS YOURSELF

### I'm a Little Fishy

Sing a sweet song about a little fishy.



## GET THE WHEELS TURNING

### Mud Pie

Your little one will have some messy fun serving up mud pies!



## FOCUS ON SOCIAL AND EMOTIONAL LEARNING

Help your child develop important social-emotional skills by working on your family project! This week, we invite your family to explore the theme **What is Essential?**

# At-Home Summer Guide for Infants and Toddlers

## Week of June 22, 2020

### Getting Ready for the Week: Materials to Gather

#### Washing Babies

- ❑ Tub or large bowl
- ❑ Water
- ❑ Baby bath wash or shampoo
- ❑ Washcloth
- ❑ Water-resistant baby dolls or animals
- ❑ Towels

#### Let It Rain!

- ❑ Cardboard tube
- ❑ Stapler or Duct tape
- ❑ Beads, sand, pebbles, or anything else that will make a rattle sound
- ❑ Measuring cup for pouring

#### Tiny and Tidy

- ❑ Spray bottle
- ❑ Dish towel
- ❑ Water

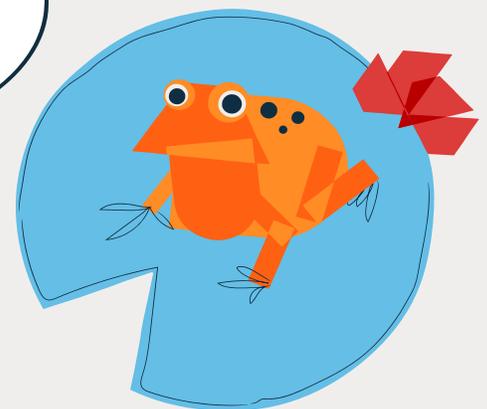
#### I'm a Little Fishy

- ❑ Lyrics to "I'm a Little Fishy"

#### Mud Pie

- ❑ Mixing bowl or baking tray
- ❑ Soil (garden soil or potting soil)
- ❑ Water
- ❑ For toddlers: other tools to use in the soil like wooden spoons, measuring cups, and/or funnels

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



# At-Home Summer Guide for Infants and Toddlers

## Week of June 22, 2020



### Get the Wheels Turning: Washing Babies

Our babies know the ways we take care of them. Now it's their turn to bathe, dry, and clothe their own babies!



**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:** High



**What you need:**

- Tub or large bowl
- Water
- Baby bath wash or shampoo
- Washcloth
- Water-resistant baby dolls or animals
- Towels

#### About the Activity:

Bath time is an activity most infants and toddlers enjoy a lot! This activity puts them on the other side of that experience as they learn how to give their baby (or giraffe, or truck, or whatever!) a bath. There are several fun ways you can create this experience at home. You can fill a tub with warm, soapy water and work with your child on the floor or at the table. If it's warm out, you can take your materials outdoors and use this as an opportunity to cool down. Or you can easily incorporate this activity into bath time!

#### For Your Infant:

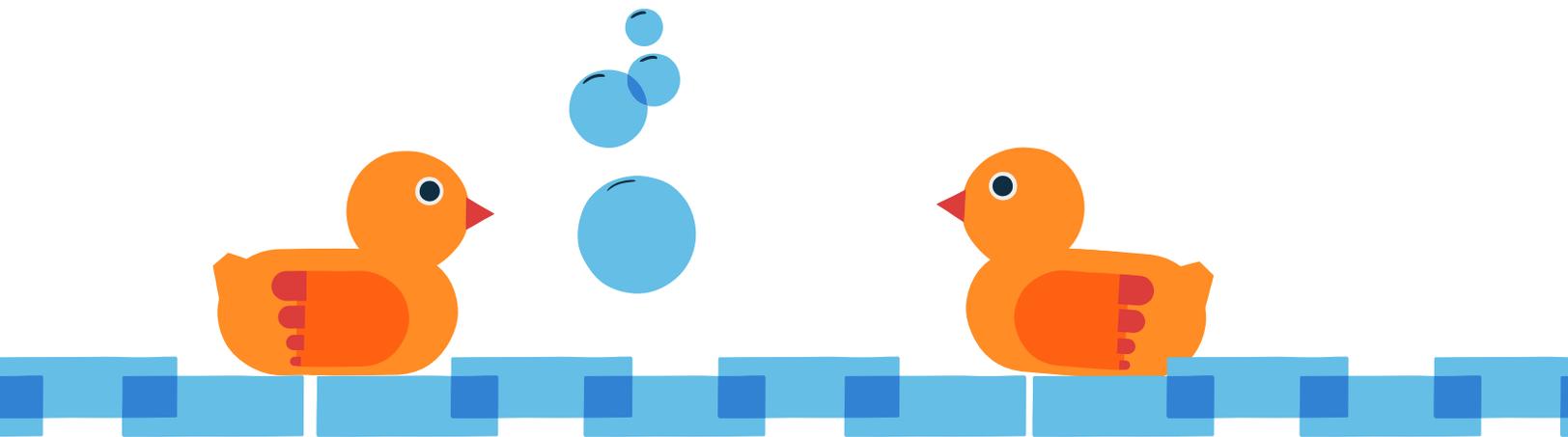
For younger babies, this will be more of a modeling opportunity. Introduce your baby to the materials: show them the washcloth and how it soaks up water. Show them the bottle of bath wash or shampoo and demonstrate how to squeeze a little bit of the soap onto the washcloth and create a lather. Talk to your baby as you do these things, narrating the process and giving them vocabulary to explain what they're seeing. Show your baby how to gently rub the soapy washcloth on their toy to wash it. Offer your baby the washcloth and ask them if they'd like to try. If they're curious about the soap, you can offer them the bottle and let them experiment with it. Narrate what you see them doing, and point out when they make something cool happen, like if they turn over the soap bottle and soap comes out. When you're done with the experience, tell your baby that it's time to dry off. If you're playing with a doll, pick up the towel and wrap the doll in it. Dry the doll and then show your baby how you put its clothes back on. You can explain to your baby that together, you're taking care of their baby just how you take care of them. If you're washing something like a truck or a ball, use the towel to model how to dry the object.

# At-Home Summer Guide for Infants and Toddlers

## Week of June 22, 2020

### For Your Toddler:

This is an activity toddlers love! Introduce them to the materials: show them the washcloth and how it soaks up water. Show them the bottle of bath wash or shampoo and demonstrate how to squeeze a little bit of the soap onto the washcloth and create a lather. Talk to your toddler as you do these things, narrating the process and giving them vocabulary to explain what they're seeing. Show your little one how to gently rub the soapy washcloth on their toy to wash it. Offer them the washcloth and ask them if they'd like to try. Your toddler will be able to fully engage in this experience. They can hold the toy for themselves, and once you hand over the washcloth, they'll be off and running. Allow them to experiment with the different materials in whichever way is fun and interesting to them. If they're having fun, think of other objects they can wash. When you're done with the experience, tell your toddler that it's time to dry off. If you're playing with a doll, pick up the towel and show your child how to wrap the doll in it. Show them how to dry the doll and then work together to put its clothes back on. You can explain to your little one that together, you're taking care of their baby just how you take care of them. If you're washing something like a truck or a ball, use the towel to model how to dry the object.



# At-Home Summer Guide for Infants and Toddlers

## Week of June 22, 2020



### Building Flexible Brains: Let It Rain!

Create a rainstorm at home!



**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:** High



**What you need:**

- Cardboard tube
- Stapler or Duct tape
- Beads, sand, pebbles, or anything else that will make a rattle sound
- Measuring cup for pouring

#### About the Activity:

In this activity, you'll work with your little one to create a rain stick and then explore different ways to move and shake to create different types of "rain." Whether you have an infant or a toddler, you'll be doing most of the prep for this one on your own, but you can involve your child by preparing your rain stick with them and talking to them about what you're doing each step of the way. Start by pinching one end of your cardboard tube closed, and then stapling or sealing it tight with tape (if you use staples, you may still want to put tape over the ends to protect your child from the sharp ends of the staples). Then, pour the materials you've chosen for filler into the measuring cup. With your help, older infants and toddlers can then pour the contents of the cup into the tube. The older your child is, the less help they'll need. Then, pinch the open end of the tube closed and seal it.

#### For Your Infant:

Once you've built your rain stick, model how it works by shaking it gently. Express interest in the sound it makes and tell your baby that it sounds like rain falling softly. Then shake it harder and say something like, "Do you hear that? The rain is falling harder!" Then give the shaker to your baby and let them try. Talk with them about what you see them doing and what sounds they're making. Use lots of descriptive language, like *soft*, *loud*, *fast*, and *slow* to describe the sounds you're hearing and how your baby is shaking the rain stick.

#### For Your Toddler:

When you've finished making the rain stick, ask them what they think will happen if they shake it, then hand it to them. As your toddler shakes the rain stick, respond enthusiastically and describe what you see and hear them doing. When they shake it gently, tell that it sounds like rain falling softly. When they shake it harder, respond by saying something like, "Do you hear that? The rain is falling harder!" Use lots of descriptive language, like *soft*, *loud*, *fast*, and *slow* to describe the sounds you're hearing and how your little one is shaking the rain stick. If they're really enjoying the experience, you can bring out more home-made instruments to play with, like pots and wooden spoons.

# At-Home Summer Guide for Infants and Toddlers

## Week of June 22, 2020



### Get the Wiggles Out: Tiny and Tidy

Playing with water is lots of fun and also a great way to help your little one begin learning how to help when it's time to clean up!



**Length of activity:**  
10 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:**

- Spray bottle
- Dish towel
- Water

#### About the Activity:

Little ones love playing with water, and they also love to be helpful! This activity combines water fun with some basic cleaning skills that will come in handy as they become more and more independent. Find a hard surface like a table or tray-top. Show them the spray bottle and tell them there's water inside. Demonstrate spraying the water onto the surface in front of you. Encourage your little one to explore how the water feels on the surface. If they like the way it feels, you can also spray some water on their hand, paying attention to how they respond to the new sensation. Then tell them that together, you're going to work on wiping the tabletop.

#### For Your Infant:

After you spray the surface,, tell your baby you're going to use the towel to clean up the water. Slowly model wiping the water away. Then, offer your baby the towel. Notice what they do with it: do they put it in their mouth, throw it on the ground, or do they try to imitate your actions and move the towel around on the table? Talk with them about what you see them doing, using lots of descriptive language. Follow their lead. That could mean you wind up playing a game of peek-a-boo with the towel, or it could mean that you continue spraying water and allowing your baby to experiment with their hands, the water, and the towel.

#### For Your Toddler:

After you spray the surface you are working on, ask your toddler to help you clean up the water. Slowly model wiping the water away. Then, offer your toddler the towel. Notice what they do with it: how are they using the towel? Are they using it to wipe up the water? Do they notice the towel becoming damp as it absorbs water? Talk with them about what you see them doing, using lots of descriptive language. Follow their lead. Continue the activity for as long as they're interested, spraying varying amounts of water on the table to keep the experience novel.

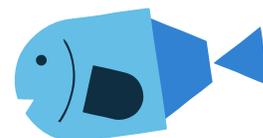
# At-Home Summer Guide for Infants and Toddlers

## Week of June 22, 2020



### Express Yourself: I'm a Little Fishy

Sing a sweet song about a little fishy.



#### 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)

#### About the Activity:

Infants and toddlers love sing-alongs! This simple song, set to a familiar tune, will help introduce your little one to an animal that live in the water.

#### For Your Infant:

Sing the song with your baby in whatever position is most comfortable. This might mean with your baby on your lap or sitting on the floor facing you. Keep your voice and face animated as you sing, using hand gestures where it makes sense to you. Repeat for as long as your baby is interested.



#### "I'm a Little Fishy"

(Tune: "I'm a Little Teapot")



I'm a little fishy; I can swim.

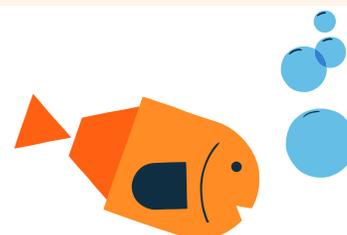
Here is my tail; here is my fin.

When I want to have fun with my friends,  
I wiggle my tail and dive right in.



#### For Your Toddler:

Sing the song with your toddler in whatever position is most comfortable. This might mean with your little one on your lap, sitting on the floor facing you, or even on their feet and grooving. Keep your voice and face animated as you sing, using hand gestures where it makes sense. Repeat for as long as your child is interested. Encourage them to try using the hand motions you've made up!



# At-Home Summer Guide for Infants and Toddlers

## Week of June 22, 2020



### Get the Wheels Turning: Mud Pie

Your little one will have some messy fun serving up mud pies!



**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:

- ❑ Mixing bowl or baking tray
- ❑ Soil (garden soil or potting soil)
- ❑ Water
- ❑ For toddlers: other tools to use in the soil like wooden spoons, measuring cups, and/or funnels

#### About the Activity:

In this sensory activity, your little one will be introduced to chemistry as they explore how different materials interact with one another. This is a great activity to do outdoors if the weather is nice. It can also be done inside; you may want to lay out a towel or newspaper for easy cleanup!

#### For Your Infant:

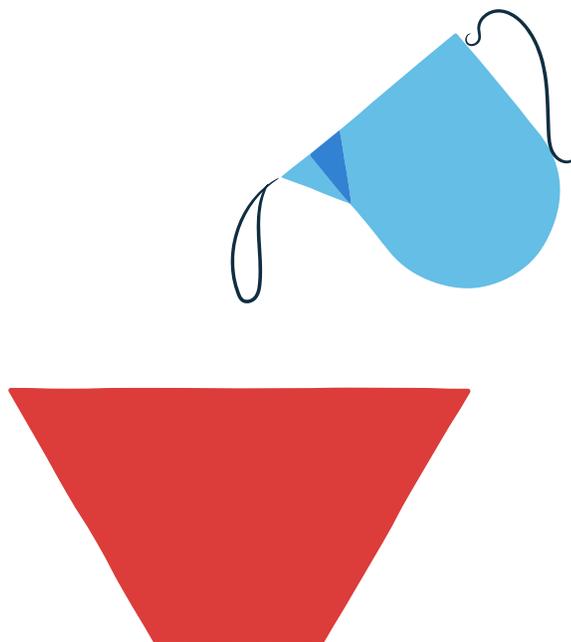
Show your baby the bowl of soil. Talk with them about the soil: how it looks, how it feels, and how soil is important because that's where our food grows. Encourage them to feel the soil with their hands. Then, add some water to the soil. Again, encourage them to use their hands to explore. Show them how to use their hands to mix the water into the soil. Watch how they respond to this experience. Some babies love to explore new textures, while others are more hesitant. Encourage your baby to explore and model how to play with the soil and water. Narrate what you see your baby doing using descriptive language.

# At-Home Summer Guide for Infants and Toddlers

## Week of June 22, 2020

### For Your Toddler:

Show your toddler the bowl of soil. Talk with them about the soil: how it looks, how it feels, and how soil is important because that's where our food grows. Encourage them to feel the soil with their hands. Then, help them add some water to the soil. Again, encourage them to use their hands to explore. Show them how to use their hands to mix the water into the soil. Watch how they respond to this experience. Some toddlers love to explore new textures, while others are more hesitant. Encourage your baby to explore and model how to play with the soil and water. Narrate what you see your baby doing using descriptive language. For added fun, give your toddler tools like wooden spoons, measuring cups or spoons, and funnels or sieves and observe how they use these materials with the soil and water.



# At-Home Summer Guide for Infants and Toddlers

Week of June 22, 2020

## Focus on Social and Emotional Learning: Family Project

Help your child develop important social-emotional skills by working on your [family project](#)!



**GOAL:** Create a project for historical record to document and reflect on your family's experience during the COVID-19 pandemic.

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 **What is Essential?**



### What is Essential?

Summer is finally here! Without a doubt, this is the most surreal transition into the season we've ever collectively experienced. For several months now, we've been forced to think about what is truly essential in our lives. We've adapted and discovered new things about ourselves, our families, and our communities. Hopefully, we've realized we are stronger, more creative, and more empathetic than we previously thought. And now, we're facing a summer at home.

In spite of the challenges we're still experiencing, this summer can be one families look back on to find meaning. Just like these past months, it's within our power to turn challenging conditions into a season of growth, fun experiences, and fond memories. For this week's Our Stay-at-Home Story prompt, discuss as a family what essentials you'll need to make this summer meaningful for you. Add another layer to your family project that represents what you hope to experience together.

# At-Home Summer Guide for Infants and Toddlers

## Week of June 22, 2020

**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?

