

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

Week of May 25, 2020



This week, babies at home and in our centers continue their exploration of **colors and shapes**!

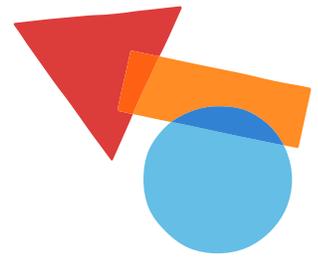
This week's activities will help your baby build their **language and literacy skills** through reading, singing and signing; get **physical** with a fun shape cheer; and the opportunity to do some fun, messy exploration of the color **blue**.

Even though this week's content focuses on the colors red and blue, feel free to branch out and incorporate whatever colors make the most sense for you based on the materials you have on hand. And save yourself a load of laundry at the end of the week and consider stripping your baby down to their diaper before breaking out the blue paint!

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: Colors and Shapes



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

Let's Chat (Language and Literacy)

Thank you! It's Memorial Day, a day set aside to remember and express gratitude. What better way than teaching your baby the sign for 'thank you'?



TUESDAY

Baby Book Club (Language & Literacy)

Red Is the Color Of... Discover a world of color inside the pages of your baby's favorite book!



WEDNESDAY

Get The Wiggles Out (Physical Development)

You Got Your Square! Get your baby get excited about shapes with this spirited cheer!



THURSDAY

Get The Wheels Turning (Cognitive Development)

Big Shapes Learning about shapes is a big deal! Upsize the fun by working with bigger shapes.



FRIDAY

Express Yourself! (Creative Expression)

Feeling Blue Many great artists explore a "blue period"—your baby included! Help your baby explore shades of blue and get a little bit messy, too!



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 **"All the Feels..."**



Getting Ready for the Week: Materials to Gather

Monday

- Sign language [video](#) for “thank you”

Tuesday

- Book (or e-book!) with colorful illustrations

Wednesday

- Objects (toys, household items, etc.) in a variety of shapes

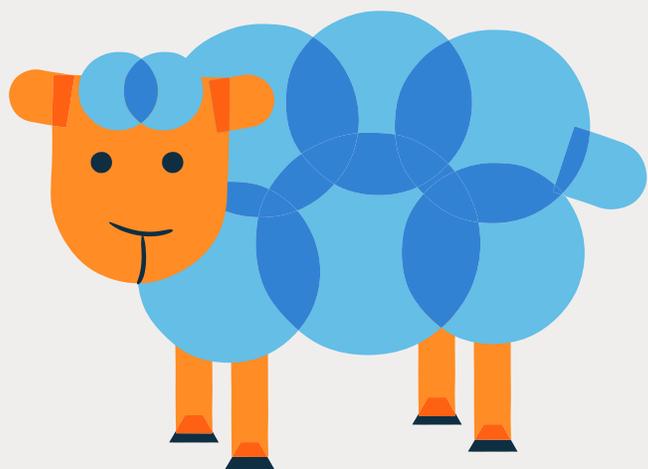
Thursday

- Large household objects of different shapes (square box, rectangular laundry basket, round yoga or beach ball, etc.)

Friday

- Blue tempera or finger paint (Any color can be used to replace blue. You can also [make your own paint](#), or mix shaving cream with food coloring!)
- Sheet of paper

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



At-Home Learning Guide - Infants

Week of May 25, 2020



MONDAY

Let's Chat: Thank you!

It's Memorial Day, a day set aside to reflect and express gratitude. What better way than teaching your baby the sign for "thank you?"



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: Low



What you need:

Sign language [video](#)
for "thank you"



What your child is learning:

- To use sounds and gestures to express needs and wants
- To understand language
- To participate in care routines

What you do: This is an experience you can introduce to your child as you engage in any other activity. As you hand your baby a toy or offer them a snack, you can model how to [perform the sign](#) for "thank you," saying the word as you sign it. If your baby is able, you can ask them to hand you something or perform a simple task, and then respond by signing and saying "thank you." You can also sign and say "thank you" while thanking other members of your family—your baby will learn by watching you!

If your child is ready: "Please" and "thank you" go together like peanut butter and jelly! Try adding the sign for ["please"](#) to your conversations with your baby and other family members.



At-Home Learning Guide - Infants

Week of May 25, 2020



TUESDAY

Baby Book Club: Red Is the Color Of...

Discover a world of color inside the pages of your baby's favorite book!



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:

Book with bright colors

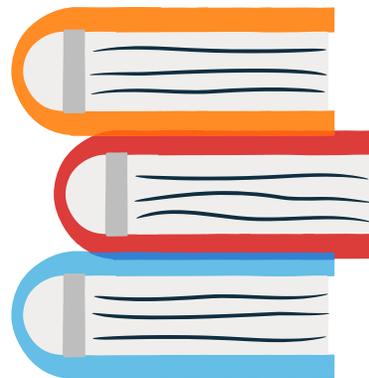


What your child is learning:

- To focus on pictures in books
- To develop understanding of language
- To reach for objects they're interested in

What you do: Curl up with your little one to read a story. Read it once, just enjoying the story and illustrations. Then, tell your baby you're going to look at the pictures again, this time looking for things that are red. When you come across something that's red, excitedly point it out to your baby: "Look, there's something red! It's a red balloon!" Continue this throughout the book. If your baby notices illustrations, respond enthusiastically, giving language to what you see them noticing—even if it's not red.

If your child is ready: Switch it up! Re-read the book throughout the week looking for other colors.



At-Home Learning Guide - Infants

Week of May 25, 2020



WEDNESDAY

Get the Wiggles Out: You Got Your Square

Get your baby get excited about shapes with this spirited cheer!



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:

Objects (toys, household items, etc.) in a variety of shapes



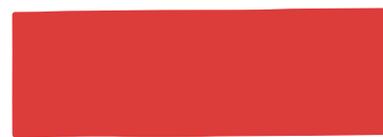
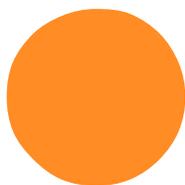
What your child is learning:

- To perform simple actions to elicit responses
- To respond to sounds and the rhythm of language
- To coordinate body movements

What you do: Find a comfortable space to play with your baby. Show them one of the shapes you've collected. Talk to them about what shape it is: "Look! This block is a square!" Then, excitedly perform the following chant, dancing and gesturing in whatever way feels fun and natural to you, and entertaining to your baby: "Give me a square! (Hold up the square) Square! You got your square, you got your square!"

Then, show your child the next shape, and do the same chant, inserting the name of the new shape in place of the square. As you sing this chant with your baby, encourage them to make sounds, wave their arms, and get excited about the chant!

If your child is ready: Involve your baby more by placing all the shapes in front of them and encouraging your baby to pick them up. Focus the chant on whichever shape your baby is showing interest in.



At-Home Learning Guide - Infants

Week of May 25, 2020



THURSDAY

Get the Wheels Turning: Big Shapes

Learning about shapes is a big deal! Upsize the fun by working with bigger shapes.



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: Medium



What you need:

Large household objects of different shapes (square box, rectangular laundry basket, round yoga or beach ball, etc)

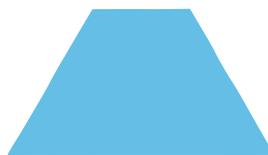
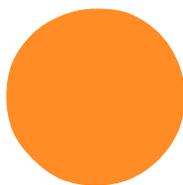
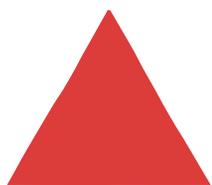


What your child is learning:

- To use their senses to explore objects
- To build receptive language skills
- To coordinate body movements

What you do: Sit on the floor with your baby and the objects you've gathered. Encourage them to explore the items in whatever way they're physically able – pushing a ball, using a box to pull up, crawling into a laundry basket, etc. As your baby interacts with the materials, talk with them about the shape of the items they're exploring and how you see them moving their bodies: "Wow, you found a big square box! What can you do with that? Are you going to crawl inside?"

If your child is ready: Explore stacking or nesting the items. Pay attention to how your baby interacts with a beachball inside a laundry basket, or a rectangular box stacked on a square box. Talk with them as they explore, using language like up, down, inside, and outside. Learning these positional terms will help your child develop their spatial reasoning skills as they grow!





FRIDAY

Express Yourself: Feeling Blue

Many great artists explore a “blue period”— your baby included! Help your baby explore shades of blue and get a little bit messy, too!



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:

- Blue tempera or finger paint (Any color can be used. You can also [make your own paint](#), or mix shaving cream with food coloring!)
- Sheet of paper

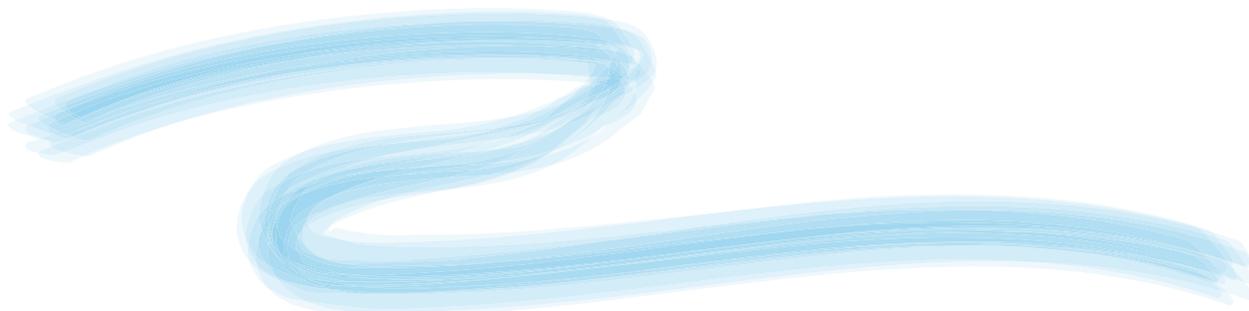


What your child is learning:

- To coordinate hand movements
- To observe and imitate actions of others
- To explore different textures

What you do: Seat your child in a highchair or on an easy to clean surface, like a linoleum floor. Place some blue paint on the paper in front of them and tell them that together, you’re going to explore what blue looks like. Encourage your baby to explore the paint with their hands. They may be cautious at first, especially if exploring paint is new to them. You can model how to interact with the paint by sticking one of your fingers in the paint and drawing a line or a shape on the page. Encourage them as they explore, narrating what you see them doing.

If your child is ready: Add some white paint to create a lighter shade, or some black paint to create a darker shade. Encourage your baby to mix the colors together with their hands and comment as the colors grow lighter or darker.





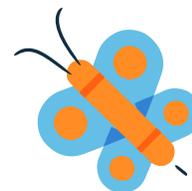
Everyday Learning Experiences

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

Help your baby develop their **standing skills** by playing simple “up, down” games. Holding their hands, allow them to use their leg and foot muscles to push against the ground or your lap, learning how to achieve a standing position, and then support them as they sit back down. Pretty soon they’ll be pulling themselves up using furniture as leverage!

It can be tricky getting things done around the house when you have a baby who needs your attention! Make them a part of things whenever you can. Place them in their highchair in the kitchen while you cook, and talk with them about what you’re doing, or play peek-a-boo with them as you fold laundry. These experiences present great opportunities to talk with your baby about shapes and colors!

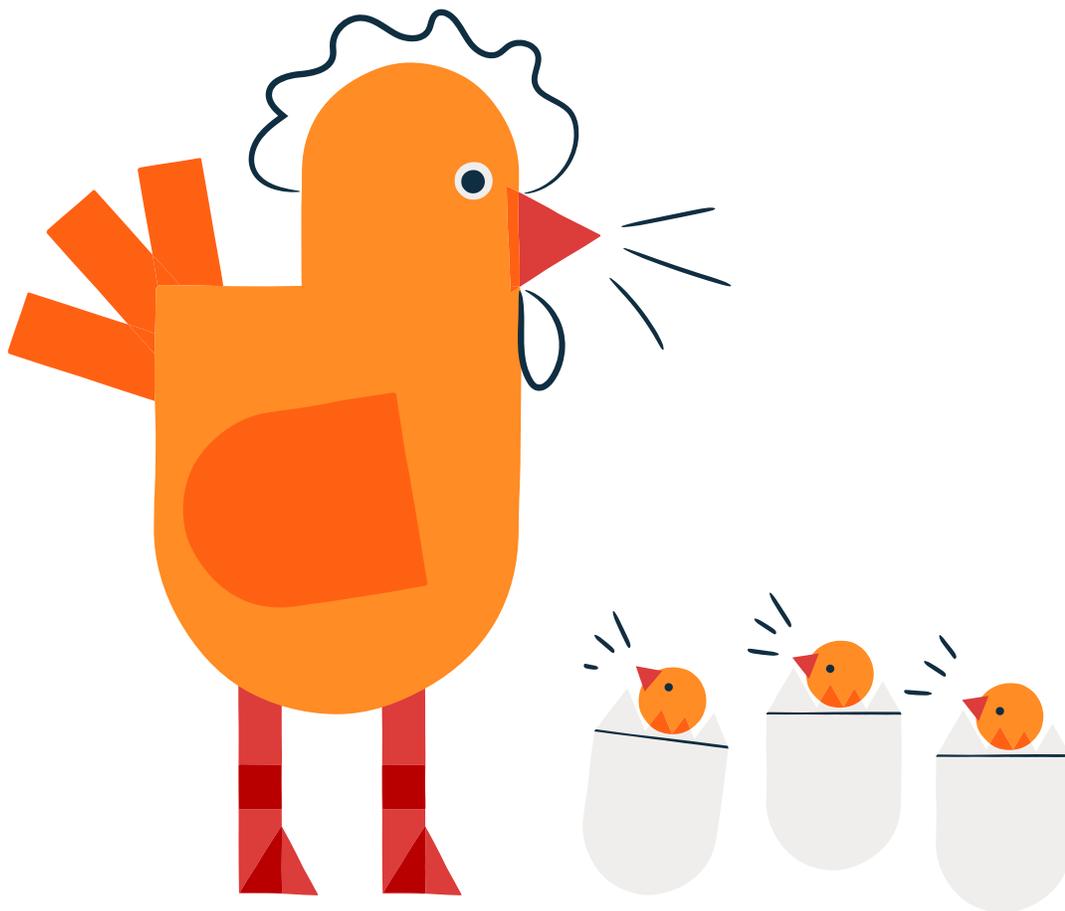
Describe what you hear and see your baby doing. When you narrate your baby’s actions back to them, you’re helping them develop the vocabulary that they will soon begin using to communicate with you verbally.





Focus on Social and Emotional Learning

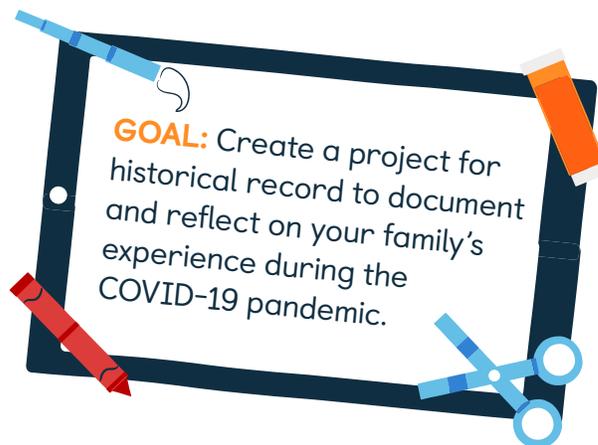
Babies learn that they're safe and loved through their social interactions. Their coos and babbles are so captivating for a reason—they're designed to get your attention! When you respond, you're not only letting your baby know that you're there for them physically and emotionally; you're also helping them learn language and how people communicate with one another. Engage in "serve and return" with your baby. This means that when your baby serves you an interaction—by vocalizing, smiling, or reaching for you—you return the communication by speaking, smiling, laughing, or touching. Serve and Return interactions are one of the most impactful things you can do to support your baby's developing brain... and they're a lot of fun, too! For a great example of how serve and return works, check out [this video](#)!





Family Project

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



For the past couple weeks, your family has been working through the first five themes of your family project. This week, we invite your family to explore the theme **All the Feels** ...

All the Feels

For many, **Memorial Day** marks the unofficial start of summer. And while it's certainly a great time to celebrate family with a barbeque or picnic, it's also important that children understand the significance this day holds for our nation and military families. Above all, today is about **honoring** and **remembering** those who've dedicated their lives to keeping our country safe.

The true meaning of Memorial Day might be a heavy concept for young children to process, especially today. The simplest way to convey its meaning is to focus on the word "memorial." Take time to pause as a family and give **thanks**. As you do, share with your children that you're honoring those who keep us safe. Today, we remember all they've done for us and our country. And especially today, that includes the brave men and women seeing us through this pandemic.

Discuss this!

For this week's *Our Stay-at-Home Story* theme, **All the Feels**, reflect on what the words "memorial," "remembrance," and "gratitude" mean. How can your family show gratitude for our veterans and service members, our nation's greatest heroes? How can you honor those who've devoted their lives to keeping others safe?

That includes people in our communities like doctors and nurses protecting us during this pandemic. Think about how you can represent an attitude of gratitude in your chosen family project and maybe even find a way to share that thanks with the everyday heroes in your lives!

A History Lesson for School-Age Kids

Did you know... traditionally, the first Memorial Day was celebrated on May 30, 1868, at Arlington National Cemetery. But there is evidence that the first celebration was in 1865 at the Charleston racetrack, organized by a group of freed slaves. Read more about it [here](#).



At-Home Learning Guide - Infants

Week of May 25, 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?

