

# At-Home Summer Guide for Infants and Toddlers

(0–2 years old)

Week of August 10, 2020



This week, you and your child will continue exploring the theme **All About Me** with activities that get them singing, enjoying books, creating, and exploring what makes them so wonderful and unique!

This week's activities will help your infant or toddler build lots of different skills: they'll build their **language and literacy** skills by reading books with you, exercise their **creativity** and their **fine motor skills** by helping you create a drawing of your family, develop **working memory** through a game of I Spy, and much more!

This week's activities will be easy to do with materials you have lying around the house. Feel free to make modifications or enhancements based on your child's interest and the materials you have on hand!

# 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...



### BABY BOOK CLUB

#### Just Like Me

Snuggle up for a story and look for similarities and differences between your child and the characters in the book!



### CREATIVE EXPRESSION

#### Family Portrait

Get creative with your little one and draw a beautiful picture of your amazing family!



### BUILDING FLEXIBLE BRAINS

#### I Spy

I spy, with my little eye! What can you and your kiddo spy together?



### GET THE WHEELS TURNING

#### Mirror, Mirror

Mirror, mirror, on the wall: who's the cutest of them all?



### CREATIVE EXPRESSION

#### The More We Get Together

Sing and dance along to a song about friendship!

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

#### Just Like Me:

- Your child's favorite books!

#### Family Portrait:

- Paper
- Crayons or markers

#### I Spy:

- An assortment of items that are familiar to your child: a book, a bottle, a pacifier, a favorite toy, a picture of someone in your family, etc.

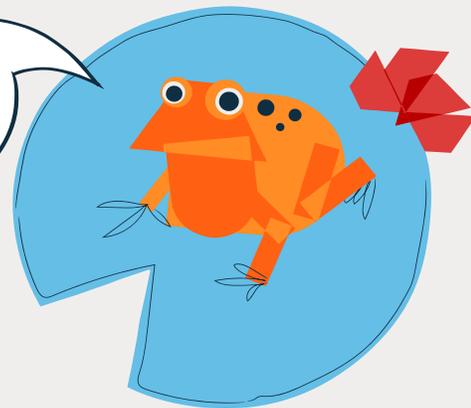
#### Mirror, Mirror:

- Mirror

#### The More We Get Together:

- Lyrics to "The More You Get Together"

**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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### Baby Book Club: Just Like Me

Snuggle up for a story and look for similarities and differences between your child and the characters in the book!



#### 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: Low



#### What you need:

- Your child's favorite books!

### About the Activity:

Find a comfortable spot to curl up with your child to enjoy some of their favorite books. Ask them which book they would like to read first. If your child is a baby, follow their cues: do they grab or focus their attention on a certain book? Your toddler will be able to make their preferences known more clearly and may enthusiastically choose one of the books you've set out, or head over to the bookshelf to choose a book for themselves.

### For Your Infant:

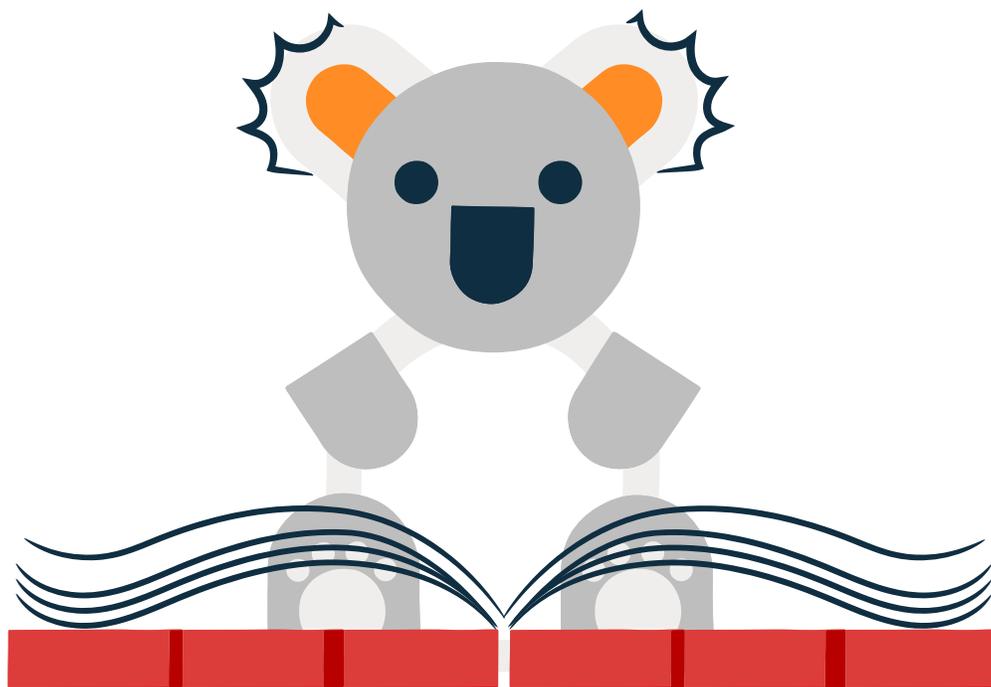
How your baby engages in this activity will depend on their age. If you have a younger baby, this experience will be about exposing your baby to new concepts, and vocabulary. Younger babies will simply enjoy being read to - the sound and inflections of your voice, the colorful illustrations, and the secure feeling of sitting on your lap. Older babies will point to specific images, vocalize, and may even be able to use single words to express what they're excited by, like "dog" or "baby". As you read to your baby, notice illustrations that reflect similarities or differences between your baby or family. For example, you might say, "Look! This character has brown eyes, just like you!" or, "This family has a mom and a dad, and our family has two mommies! Every family is different!" Pay attention to which illustrations capture your baby's attention and use these images to guide how you talk with your baby about the book. Continue reading and noticing differences and similarities for as long as your baby is engaged and having fun!

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### For Your Toddler:

Your toddler may point to specific images or use words to express what excites them. As you read to your toddler, notice illustrations that reflect similarities or differences between your toddler or family. For example, you might say, “Look! This character has brown eyes, just like you!” or, “This family has a mom and a dad, and our family has two mommies! Every family is different!” Pay attention to which illustrations capture your toddler’s attention and use these images to guide how you talk with your toddler about the book. Ask your toddler open-ended questions to encourage their language skills: “What color is the house?” or “What kind of pet does this family have?” Your toddler may not yet be able to answer these questions, and that’s OK! You can provide them with the answers and encourage them to try saying the words for themselves: “They live in a blue house, just like ours!” or “They have a dog! Can you say ‘dog’?” Continue reading and noticing differences and similarities for as long as your toddler is engaged and having fun!



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### Creative Expression: Family Portrait

Get creative with your little one and draw a beautiful picture of your amazing family!



**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
- Crayons or markers

**About the Activity:** Find a place to sit down to color with your child. If you have a baby, you can sit with them on your lap at a table or set them up to color using the tray on their highchair as a table. If you have a toddler, you can set them up at a child-sized table. Talk with them about the people in your family and invite them to draw a picture of your family with you..

**For Your Infant:** For your infant, this will be a foundational activity. They won't be able to conceptualize what it means to draw a picture of their family yet, but by sitting down to draw with them, you are giving them an opportunity to exercise the fine motor skills that they will eventually use to write, and expose them to concepts like colors and shapes, as well as talking with them about the members of your family. You can encourage them to pick up a crayon or marker and "draw your family". If they're able to do this, their artwork will take the form of scribbles, which is great because that's the first step in writing development! You can draw along side them, creating your own version of a family portrait. As you do, talk with them about what shapes and colors you're using in your drawing, and talk with them about the types of lines and colors you see them using.

**For Your Toddler:** For your toddler, this will be a foundational activity. They're just beginning to build the concept that they can draw a picture of people or things, so by sitting down to draw with them, you're helping them develop that understanding and giving them an opportunity to exercise the fine motor skills they'll eventually use to write, and expose them to concepts like colors and shapes, as well as talking with them about the members of your family. Encourage them to pick up a crayon or marker and "draw your family". If they're able to do this, their artwork will take the form of scribbles, which is great because that's the first step in writing development! You can draw alongside them, creating your own version of a family portrait. As you do, talk with them about what shapes and colors you're using in your drawing, and talk with them about the types of lines and colors you see them using.

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### Building Flexible Brains: I Spy

I spy, with my little eye! What can you and your kiddo spy together?



**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:**

- An assortment of items that are familiar to your child: a book, a bottle, a pacifier, a favorite toy, a picture of someone in your family, etc.

#### About the Activity:

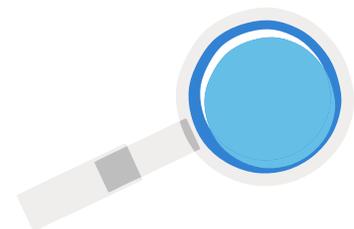
Spread out the items in front of your child. Then say, "I spy..." and name one of the items in your collection. You can ask them if they see that object, too. You can use descriptive language to help them find the object: "I spy a rattle! It's blue and yellow. Do you see the rattle?" Talk with them as they explore the items, encouraging them to touch, feel, and experiment with each. If they touch or pick up the item you named, celebrate with them! If they don't find the object you named, you can pick it up and hand it to them. "There's the rattle! What happens if you shake it?"

#### For Your Infant:

This activity is a great way to help your child to build their language skills and use their working memory to connect words with the objects you named. The point isn't for your baby to choose the correct object; its to expose your child to a variety of objects and help them begin building the vocabulary to name and describe them.

#### For Your Toddler:

This activity is a great way to help your child to build their language skills and use their working memory to connect words with the objects you named. Your toddler may or may not be able to choose the object you named, but the real objective of this activity is to expose your child to a rich language and help them connect descriptive words with the characteristics of objects.



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### Get the Wheels Turning: Mirror, Mirror

Mirror, mirror, on the wall: who's the cutest of them all?



**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:**

- Mirror

#### About the Activity:

Mirrors are fascinating for our littlest learners! It's hard not to wonder what they're thinking as they observe their own reflection or see yours in a mirror. This activity is a great opportunity to help your child begin to build their concept of themselves. Any type of mirror will work for this activity, but you and your child will be most comfortable if you can use a hand mirror or sit in front of a full-length mirror. How your child engages in this activity will vary based on their age, but one thing is for sure: the opportunity to examine their reflection will engage your little one's curiosity!

#### For Your Infant:

Sit or stand with your baby in front of a mirror so they can see their reflection. Observe how your baby reacts, and comment on how you see them respond. Your baby may stare or reach or the mirror. If you have a hand-held mirror let your baby hold it, or if you have a mirror securely mounted on a wall or door encourage them to touch and explore. As they explore, talk to them about what they're doing: "You're reaching for your reflection! Do you know who that baby is? That's you!"

#### For Your Toddler:

Sit or stand with your toddler in front of a mirror so they can see their reflection. Observe how they react, and comment on how you see them respond. If you have a hand-held mirror let your baby hold it, or if you have a mirror securely mounted on a wall or door encourage them to touch and explore. As they explore, talk to them about what you see them doing: "You're reaching for your reflection! Do you know who that baby is? That's you!" Ask open-ended questions and notice whether your child looks for their own reflection or spends time looking at the other objects reflected in the mirror. Ask them questions like "Who do you see in your mirror?" or "What kinds of faces can you make in the mirror?"

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### Creative Expression: The More We Get Together

Sing and dance along to a song about friendship!



**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:** N/A



**What you need:**

- Lyrics to "The More You Get Together" (below)

#### About the Activity:

With your child in your lap facing you, sing "The More You Get Together." If your child enjoyed it, sing the song again. This time as you sing, you can sway back and forth, dance, or make up hand gestures to go along with the words.

#### 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 wonderful!



#### "The More We Get Together"

The more we get together,  
Together, together.  
The more we get together,  
The happier we'll be.

For your friends are my friends.  
And my friends are your friends.  
The more we get together,  
The happier we'll be.



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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. Your toddler will 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. The words of the song will reinforce familiar vocabulary and introduce new words as well. Moving your body to the rhythm will help your toddler 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 wonderful! Encourage them to move their bodies in interesting ways. If they love to sing and dance, pull out some flowy scarves or musical instruments and let their creativity take over!

