

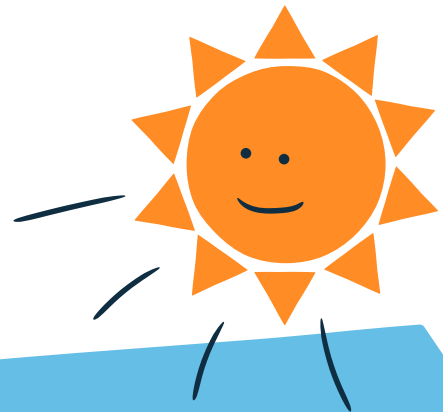
At-Home Summer Guide for Infants and Toddlers

(0–2 years old)

Week of June 15, 2020



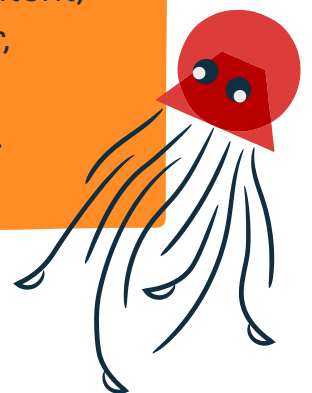
Welcome to the first week of our **summer curriculum**! Over the next couple months we will continue to explore the same themes children are learning about in our centers, but in a more **flexible, open-ended** way that will let you incorporate learning into your **summer routine** at home!



This week, we continue our exploration of **Wonderful Water** through books, songs, and art! Your little one will be introduced to lots of activities they'll become familiar with as they grow. Because they're exploring **new concepts and materials**, the important thing isn't "getting it right", but just allowing them to **explore and have fun!**



You'll notice the structure for our summer activities is different from what you're used to. In the summer content, our infant and toddler activities are grouped together, with suggestions on how to **make each activity age-appropriate**, whether you have an infant or a toddler.



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...



EXPRESS YOURSELF

"Rain, Rain, Go Away"

Summer is here and we want to play!
Nobody has time for rain today!



BABY BOOK CLUB

All About Water

Explore the wonderful world of water through the pages of a book!



GET THE WIGGLES OUT

Having a Ball

Who knew there was so much to learn from a beach ball?



BUILDING FLEXIBLE BRAINS

What Does the Frog Say?

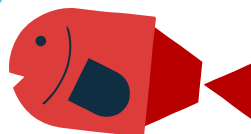
Your kiddo learns animal sounds while practicing their working memory skills.



EXPRESS YOURSELF

Watercolor Art

Your little one unlocks their inner artist as they work with watercolors!



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 **Who Are the Helpers?**

At-Home Summer Guide for Infants and Toddlers

Week of June 15, 2020

Getting Ready for the Week: Materials to Gather

“Rain, Rain, Go Away”

- [“Rain, Rain, Go Away” lyrics](#)

All About Water

- Books about water. This could mean anything from books about the ocean to books about rain. If you don’t have any at home, try your favorite e-reader or check YouTube for video read-alouds! Some of our favorite books about water are:
 - *Baby Beluga* by Raffi
 - *The Rainbow Fish* by Marcus Pfister
 - *Mr. Seahorse* by Eric Carle

Having a Ball

- Beach ball, or any other large, soft ball that your baby can roll or throw

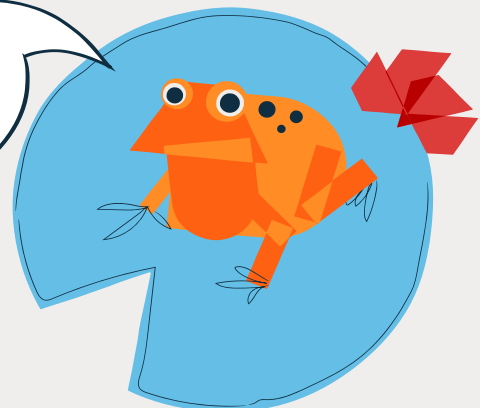
What Does the Frog Say?

- [Pictures of animals](#)

Watercolor Art

- Water
- Watercolor paints
- Paintbrush
- White paper

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 15, 2020



Express Yourself: "Rain, Rain, Go Away"

Summer is here and we want to play! Nobody has time for rain today!



Length of activity:
10–15 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:

- "Rain, Rain, Go Away" lyrics (below)

About the Activity:

In this activity, you're going to sing a simple, familiar song with your little one. Whether you have an infant or a toddler, singing with your child will help them build skills in language and creative expression. How you choose to do this depends on the age of your child. If you have a small baby, you may sit them facing you on your knee, and if you have a toddler you might hand them a maraca and encourage them to play and dance along! There's no wrong way to do this activity, as long as you and your little one are connecting through music and having fun!

"Rain, Rain, Go Away"

Rain, rain, go away.
Come again some other day.
We want to go outside to play.
Come again some other day.



For Your Infant:

Your infant won't be connecting the words you're singing with the water in their bath yet, but early language experiences like this one are how they begin to connect the dots! As you sing with your baby, make eye contact with them and keep your face and voice animated. Encourage your baby as they wave their hands, smile, and even attempt to sing along!

For Your Toddler:

The days where they would snuggle peacefully in your lap as you sang to them may be long gone, but that's ok! Toddlers energy and love for music make them so much fun to sing and dance with. You can make up hand motions to encourage them to get their bodies moving or give them instruments – store bought or home-made! – and start a family band.

At-Home Summer Guide for Infants and Toddlers

Week of June 15, 2020



Baby Book Club: All About Water

Explore the wonderful world of water through the pages of a 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:

- Any book about water (No books about water? No problem! The important thing is reading and talking with your little one!)

About the Activity:

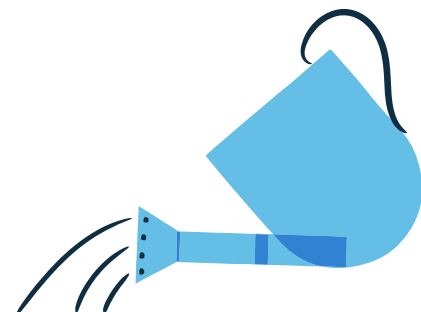
In this activity, you'll explore water with your little one through books. Get comfy with your child and read the book you chose together. Then, read the book again. This time, point out water as you see it appear in the book, describing what you see. It could be rain falling from the sky or a fish swimming through the ocean; either way, point out different objects, name them, and use descriptive language to talk about what you see. Follow your baby's lead and get excited about anything that they show interest in on the page!

For Your Infant:

Use the [sign for water](#) as you say the word *water*. If you do this consistently, your baby will learn to do it too, making it easier for them to let you know when they need a drink, or want to play in the sprinkler!

For Your Toddler:

Your toddler is working hard on their language skills, and every time you read to them, you're giving those skills a boost! Encourage them to try new words with you as you read and reinforcing them in conversation throughout the week.



At-Home Summer Guide for Infants and Toddlers

Week of June 15, 2020



Get the Wiggles Out: Having a Ball

Who knew there was so much to learn from a beach ball?



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:

- Beach ball, or any other large, soft ball your baby can roll or throw

About the Activity:

Sit on the floor with your little one. If you have a very small baby, you can sit with them between your legs, using your body as support. If you have an older baby or a toddler, you can sit facing them, with your legs spread. Show them how they can push and roll the ball.

For Your Infant:

Exploring how balls move is an early physics experiment for your baby! Allow them to explore moving the ball with their body. Narrate what you see them doing. For example, you might say "Wow! You kicked the ball with your foot! Look how far it rolled!" While any large, soft ball will work for this activity, beach balls are great because their light weight makes them easy for babies to move.

For Your Toddler:

Sit with your toddler facing you and roll the ball back and forth between you. After you've done this for a bit, encourage your toddler to try throwing or kicking the beach ball. As they explore, talk with them and give them language to describe what you see them doing. This experience helps your child experiment with moving their body in different ways, as well as exploring how different objects move.



At-Home Summer Guide for Infants and Toddlers

Week of June 15, 2020



Building Flexible Brains: What Does the Frog Say?

Your kiddo learns animal sounds while practicing their working memory skills.



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: None



What you need:

- [Pictures of animals](#)

About the Activity:

Show your little one the pictures of the [animals](#). Tell them the name of the animal, and then imitate the sound the animal makes. Go back and forth between the animals, but come back to the frog regularly, adding in your best croak or “ribbit”!

For Your Infant:

Keep it basic! Point to each animal and tell your baby the name of the animal. Then you can say, “a frog says ‘ribbit!’ or “a cow says ‘moo!’” If your baby points to an animal, make the sound that animal says.

For Your Toddler:

Your toddler will have fun imitating the sounds the different animals make too! Encourage them to “ribbit”, moo, and caw along with you!



At-Home Summer Guide for Infants and Toddlers

Week of June 15, 2020



At-Home Summer Guide for Infants and Toddlers

Week of June 15, 2020



Express Yourself: Watercolor Art

Your little one unlocks their inner artist as they work with watercolors!



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:

- Watercolor paints
- Paintbrush
- Water
- White paper

About the Activity:

Our infants and toddlers might not yet know what gets their creative juices flowing, but the first step towards being an artist is opportunity! Working with watercolors is not only a great way to introduce your little one to the creative arts, but is also an introduction to basic chemistry as they explore how materials interact with one another!

For Your Infant:

For our smallest learners, this experience is all about exposure. Sit with your baby in your lap and the paper, paint and water in front of you. Talk to your baby about the different colors of the paint, and then demonstrate how to dip the paintbrush in the water, mix it with the paint, and then paint on the paper. Then give your baby the paintbrush and let them explore with it! Do they try to dip it in the paint, or the water? Watch out – they will probably try to put it in their mouth at some point! Older infants may try to imitate your actions and dip the paint in the water or paint. If they do, place your hand over theirs and show them how to first dip it in the water, then, the paint, and then finally use the brush to paint on the paper.

For Your Toddler:

Your toddler might have some idea of how to use the paintbrush and paints...or they may not. Either way, model for your toddler how to dip the paintbrush in the water, and then the paint, and then how to use the paintbrush on the paper. Then let them try. Don't be surprised if they don't get the hang of it—experiences like these are how our youngest learner become exposed to new concepts and skills and test them out! Encourage them to explore the materials in whatever way is interesting to them and take turns with the materials so that you can model the painting process!

At-Home Summer Guide for Infants and Toddlers

Week of June 15, 2020

Focus on Social and Emotional Learning: 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 different themes for your family project. This week, we invite your family to explore the theme **Who Are the Helpers?**

Mr. Rogers was famous for saying "When I was a boy and I would see scary things in the news, my mother would say to me, '**Look for the helpers. You will always find people who are helping.**'"

Helpers are all around us. You only need to know what helpful actions to look for. The helpers are taking care of sick folks and providing meals for children out of school. They're standing up for others and using their voices to contact lawmakers and community leaders. They're donating their money, supplies, and time to lifting others up and cleaning up messes. And they do it all to make the world a better place for everyone.



This week, continue your family project by **reflecting on the helpers you've seen** on the news, in your community, and even in your home. What acts of service has your family been **inspired by** over the last few weeks? Ask your child to think of examples of how one person's desire to help **made a difference** in someone else's life. How you can represent the actions and inspiration helpers give in your family project?

At-Home Summer Guide for Infants and Toddlers

Week of June 15, 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?

