

Early Childhood Distance Learning Materials



Infants

Week #3

May 4-8, 2020

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Home Learning Baby Bingo Board

DIRECTIONS FOR EACH DAY THIS WEEK: The goal is to do 5 activities in each area. After you complete an activity, color in the box and show it is done. The goal is to have a blackout by the end of the week with every box colored in!

Language Development	Fine Motor Skills	Gross Motor Skills	Social and Emotional Development
Read a book together	Scribble with a marker	Go for a socially distant walk	Hug and rock a stuffed animal
Sing a new song	Pick up and eat cheerios	Climb up and down the couch	Practice happy and sad faces
Practice baby sign language	Pass a small toy hand to hand	Crawl under a chair	Wave to passing cars
Say "yes" in a different language	Do the motions to "Itsy Bitsy Spider"	Have a dance party	Learn the sign for "thank you"
Explain what you are doing as you cook dinner	Turn the pages of a book	Float in the bathtub	Hold your baby and take 5 deep breaths

ABC's for parents of little ones...



AWARENESS

Be aware of your own inner state. Is your heart rate elevated? Are you feeling tense/frustrated, etc.? Children can FEEL our upset, so the next step is BREATHE DEEPLY and bring yourself back to the present moment.



BREATHE

Take deep belly breaths. Inhale through your nose for at least 5 seconds, and exhale through your mouth for at least 10 seconds. Do this at least 3 times.



CLOSENESS

They want to be close to you because you are their Safe Place™. Co-regulation and connection/bonding happen when they are close to you. Take deep breaths with them in moments of closeness.

Social Emotional Development & Social Systems Cognitive Activities

Positive Parenting



ZERO TO THREE
Early connections last a lifetime

Positive parenting describes a set of parental behaviors that foster a child's capacity to **love, trust, explore and learn**. The goal of positive parenting is to help parents guide their children's healthy development in the context of the family's culture. Key elements of positive parenting include the ability to:

Understand or imagine the **child's point of view**, especially during challenging moments.



Respond with interest and **sensitivity** to the child's cues.



Recognize that **parenting can be stressful** and missteps are a natural part of child-rearing.



Recognize and **celebrate** the child's strengths, abilities, and capacity to learn and develop.



Provide consistent, **age-appropriate guidelines** and limits for child behavior.



Work toward a **balance** of meeting parental needs and child needs.



Delight in **moments of connection** with the child;



Recognize and **regulate their own feelings** and behaviors before they respond to the child.



Seek help, support or additional information on parenting **when needed.**



Activity #1 Title	Learning Goal/Objective	Materials
Greetings	Social and emotional learning, interacting with people, fresh air	Stroller, wagon
Activity/Lesson Description		
Go for a (socially distant) walk and push your child in a stroller or wagon. Point out the pedestrians, animals and cars you see and teach your child to wave and say, "Hi." Learning to appropriately greet people is an important lifelong skill and helps children understand object permanence.		

Activity #2 Title	Learning Goal/Objective	Materials
I Love You Rituals Round and Round the Garden	Builds self-esteem, fosters connection and cooperation, promotes brain development	eye contact, touch, presence, playful
Activity/Lesson Description		
Round and round the garden, Goes the teddy bear. One step, two steps, Tickle you under there! https://youtu.be/4c0s7Q4ESyo		

Activity #3 Title	Learning Goal/Objective	Materials
I Love You Rituals Twinkle Twinkle Little Star	Builds self-esteem, fosters connection and cooperation, promotes brain development	eye contact, touch, presence, playful
Activity/Lesson Description		

Twinkle twinkle little star,

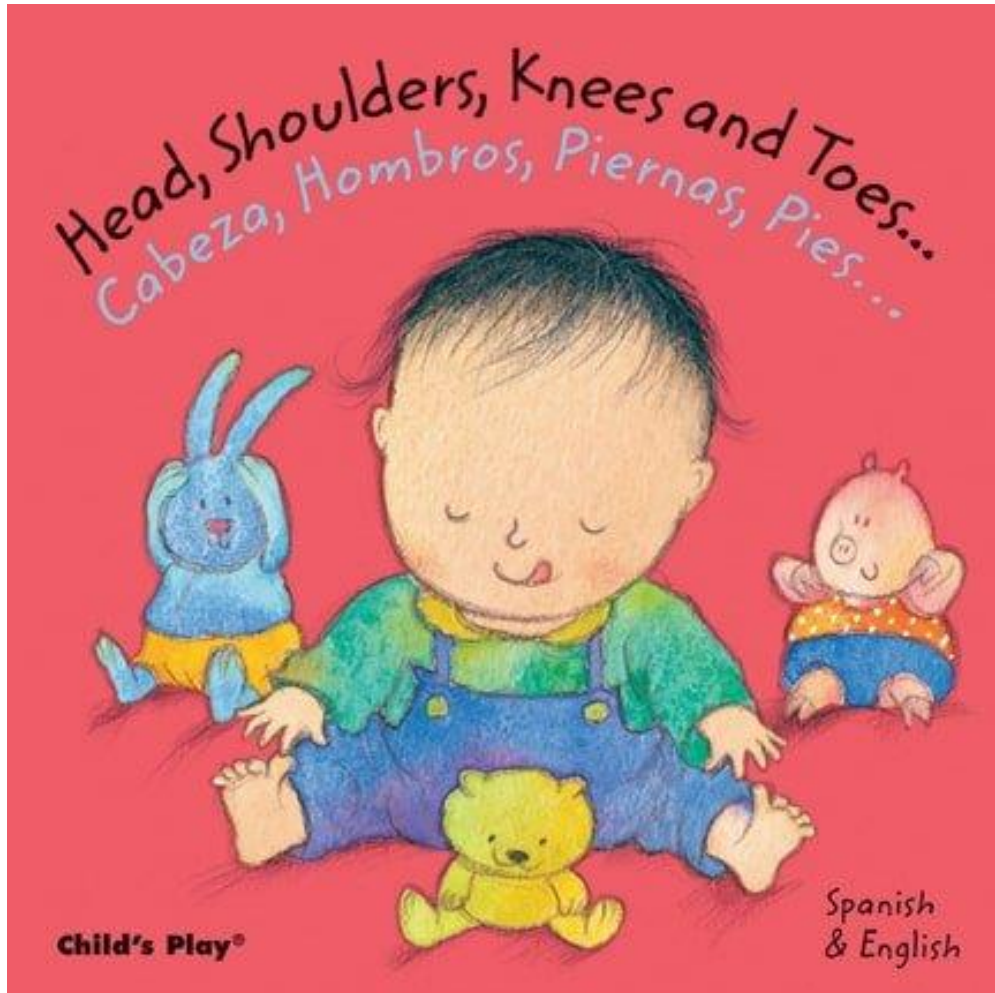
What a wonderful child you are. With bright eyes and nice round cheeks, a talented person from head to feet. Twinkle twinkle little star, What a wonderful child you are.

<https://youtu.be/C3PtrInUm4U>

Activity #4 Title	Learning Goal /Objective	Materials
Dropping things	Picking up and dropping objects helps your baby gain more control of the muscles in her hands.	Small household items or toys that can be dropped.
Invite your baby to practice dropping things, especially things that make a noise when they land. Say words like “See the block fall?” to help build vocabulary.		

Activity #5 Title	Learning Goal/Objective	Materials
Blowing	You will be introducing your child to a new way to experiment with cause and effect.	Baby and light objects.
Activity/Lesson Description		
Let your child discover that she can move light objects by blowing on them.		

Language, Literacy & Communication Activities



Activity #1 Title	Learning Goal/Objective	Materials
New ways to read a book	Literacy development, fine motor skills	Short children's book
Activity/Lesson Description		
<p>Pick a book to read this week. On Monday, read the book as written and help your child turn the pages. On Tuesday, look through the book and physically point out and name the prominent colors on each page. On Wednesday, look though the book and physically point</p>		

out and name the shapes on each page. Help your child trace the shape with their finger. On Thursday, look through the book and physically point out and name the objects and characters on the page. Name animals and make the animal's noises. On Friday, reread the story including shapes, colors and noises.

Activity #2 Title	Learning Goal/Objective	Materials
Talk about it All	Building Vocabulary	Your Voice
Activity/Lesson Description		
Talk about the everyday activities (diaper changes, cleaning, cooking) you usually think about silently. This will help your child learn vocabulary and patterns of speech.		

Activity #3 Title	Learning Goal/Objective	Materials
Relating Books to Home	Vocabulary building	Children's Book
Activity/Lesson Description		
When you read to your child, be sure to make connections from the story to home. Example: If the book has a baby, mom, bed, or book, show baby the same objects at home.		

The Arts & Sensory Activities, Music & Movement



Activity #1 Title	Learning Goal/Objective	Materials
Handprint Kite	Sensory stimulation, fine motor skills	Construction paper, washable paint, paintbrush or sponge, marker
Activity/Lesson Description		
<p>Gently paint your child's hand. Massage the slimy paint in their hand and onto their fingers. Let them move their hand independently and feel it and explore it in their hand. After they have explored the texture, repaint their hand if needed and stamp their hand onto the paper. Wash the paint off and let them feel the soapy water. Draw a "string" from the palm of their hand. Paint one finger a different color and help your child make fingerprint dots to make a tail along the string. Wash their hand again. Let dry and enjoy your spring art!</p>		

Activity #2 Title	Learning Goal/Objective	Materials
Scented Shaving Cream	Sensory stimulation, fine motor skills	Paint, scented shaving cream or whip cream, white construction paper, cardboard
Activity/Lesson Description		
<p>Take your shaving cream art to another level by adding scent! First allow the child to play with some so they can get used to the cream and explore it, then once they feel more comfortable with the cream add drops of paint and let them mix it around. Once the design is finished, place a piece of paper on top of the painted shaving cream. Press down gently to ensure the design transfers to the paper. Carefully remove the paper. Scrape the excess off of the paper with cardboard and there will be a masterpiece on the construction paper.</p>		

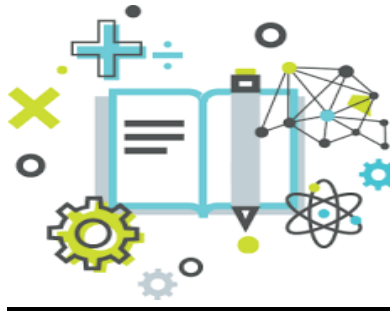
Activity #3 Title	Learning Goal/Objective	Materials
Edible Moon Sand	Sensory Play, motor development	Brown Sugar, tub, cups and mold
Activity/Lesson Description		
<p>Make an easy sensory tub by dumping some brown sugar in a tub and adding some measuring cups and molds.</p>		

Activity #4 Title	Learning Goal/Objective	Materials
Water Painting	Building fine motor skills	Sponge or paintbrush, water
Activity/Lesson Description		
<p>Dip water or brush into water and paint on any surface. This is a great outdoor activity.</p>		

Activity #5 Title	Learning Goal/Objective	Materials
Make it a song	By singing as you care for your baby, you help him learn to love music and feel comforted by soothing rhythm and motion.	Baby and You
Activity/Lesson Description		
<p>Make your caregiving actions match the rhythm of a song.</p> <p>By singing as you care for your baby, you help him learn to love music and feel comforted by soothing rhythm and motion.</p>		

Activity #6 Title	Learning Goal/Objective	Materials
Texture Crawl	Gross motor skills, problem solving, sensory exploration	Pillows, blankets, step stool, play mat, anything else you can find
Activity/Lesson Description		
<p>Set up a simple obstacle course for your child. Roll a blanket into a long snake, place pillows on the ground, etc. Encourage your child to explore moving up and down objects by rolling, army crawling, crawling and walking over different textures. They can start on the hard floor, crawl over a soft pillow, move under a chair.</p>		

Mathematics & Science Activities



Activity #1 Title	Learning Goal/Objective	Materials
Counting with the five little Monkeys Song	Number Sense	Five Little Monkeys Song https://youtu.be/Oj6AZhZFb7
Activity/Lesson Description		
You can also use just your fingers while singing this familiar song		

Activity #2 Title	Learning Goal/Objective	Materials
Counting Cars	Number Sense	Baby and you
Activity/Lesson Description		
While walking or driving, count the cars that pass by.		

Activity #3 Title	Learning Goal/Objective	Materials
Counting Leaves	Number Sense	Leaves
Activity/Lesson Description		
Go on a Nature walk and collect leaves, bring them home to count.		