

# INFANTS

## Food We Eat

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Early Childhood Distance Learning Materials



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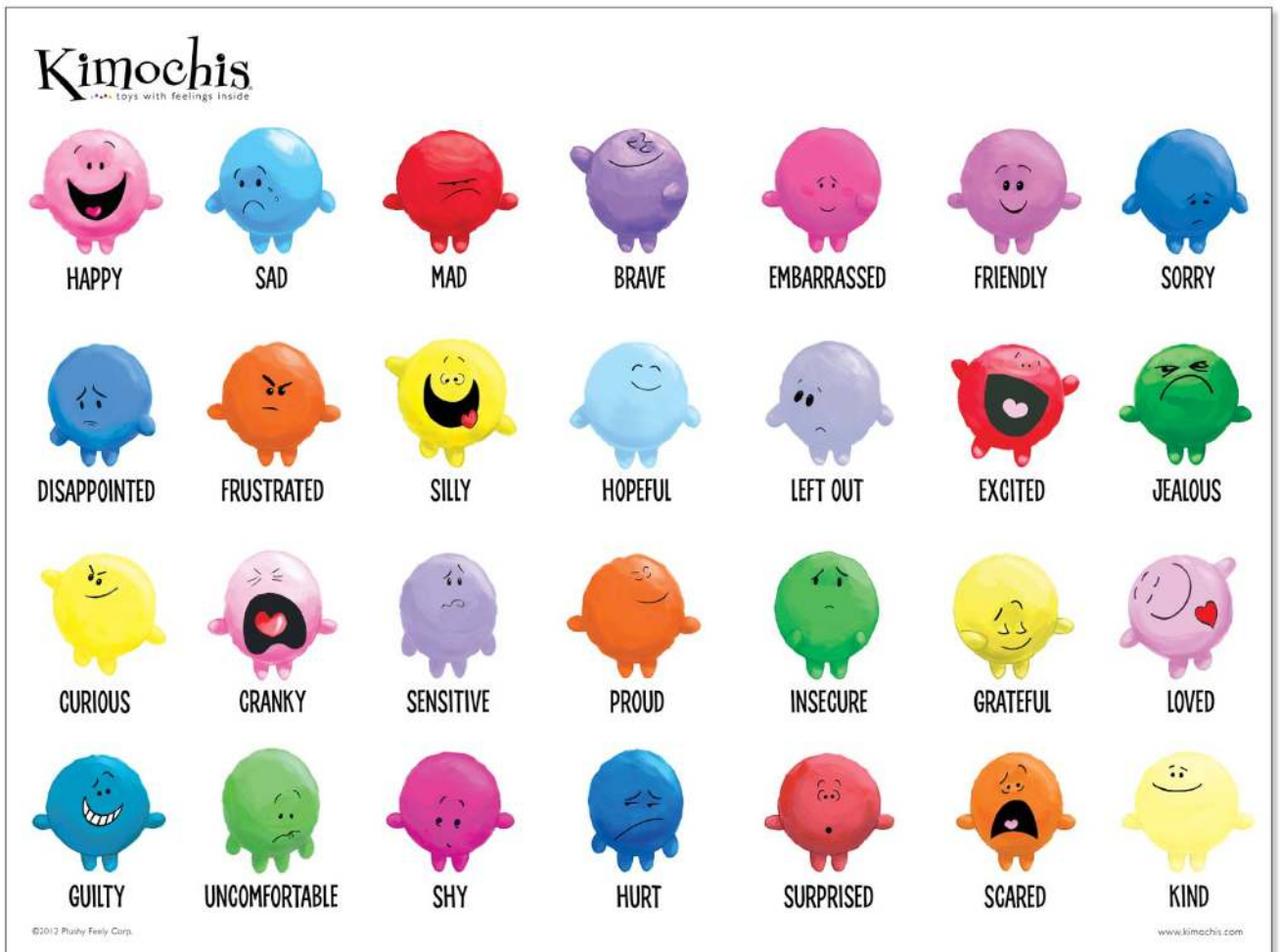
## HOME LEARNING BABY BINGO BOARD

**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!

L Literacy	E Exercise	A Arts	R Regulation	N Numbers
Read 15 minutes with your child <div style="border: 1px solid black; display: flex; justify-content: space-around; padding: 2px;"> <span>M</span><span>T</span><span>W</span><span>R</span><span>F</span> </div>	Have a family dance party!	Finger paint	Hand claps helps baby develop body awareness	Count 1 to 10
Play with puppets, use funny voices	Create an obstacle course in your home and run it 5 times	Make up a new song	Soothe and help them self-soothe	"More" One of the first math concepts children understand is more
Sing Song	Baby yoga <a href="https://www.youtube.com/watch?v=niRZnqZwnbca">https://www.youtube.com/watch?v=niRZnqZwnbca</a>	Use objects from around your house to create a new art project	Keep a routine	Complete one lesson from the math packet
Complete one lesson from the literacy packet	Reach For It: Show a baby a toy and move it towards their hand. Encourage baby to touch it. Helps babies learn to move their fists from closed to open.	Complete one lesson from the Arts packet	Be patient as your baby explores something with an unfamiliar texture	Build with blocks
Listen to a variety of music	Go for a walk	Scribble with a crayon	Be responsive as your baby makes silly faces at you. Make faces bac and describe what you are doing	Sort toys by color
Use a magazine to cut out the letters of your name and glue them to a piece of paper	Find a new object in your house for your baby to explore - like a plastic spoon	Play your favorite song and clap to the beat	Talk about emotions	Compare sizes of things

# DAILY CHECK-IN

Tell me how you're feeling today?



<b>MONDAY</b>	Make a CIRCLE with a BLUE crayon
<b>TUESDAY</b>	Make a TRIANGLE with a RED crayon
<b>WEDNESDAY</b>	Make a SQUARE with an ORANGE crayon
<b>THURSDAY</b>	Make a CLOUD with a PURPLE crayon
<b>FRIDAY</b>	Make A SHAPE OF YOUR CHOICE with a GREEN crayon

# 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.**



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<b>ACTIVITY #1 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Practice Using Baby Sign Language	Learn to communicate needs in a new way.	<a href="#"><u>Baby Signs - EAT: My Mealtime Signs DVD - Preview Clip</u></a>  <a href="#"><u>Signing 'Milk'- Sign Language</u></a>  <a href="#"><u>Baby Sign Language All Done More Please Milk</u></a>
<b>ACTIVITY/LESSON DESCRIPTION</b>		
Watch a YouTube video and practice signs for “eat”, “milk”, “all done”, and “more, please”. Try using these new signs throughout your day!		

<b>ACTIVITY #2 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Infant Massage	Learning trust, bonding, relaxation (for parents and baby!)	<a href="#"><u>Infant Massage Techniques, Benefits, Relaxation - Watch WebMD Video</u></a>
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<ol style="list-style-type: none"> <li>1. Create a calm atmosphere. If possible, do the massage in a warm, quiet place – indoors or outdoors.</li> <li>2. Control your touch. When you first start massaging your baby, use a gentle touch.</li> <li>3. Slowly stroke and knead each part of your baby's body.</li> <li>4. Stay relaxed.</li> <li>5. Watch how your baby responds.</li> </ol>		

<b>ACTIVITY #3 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Fruit Salad Dance Party Counting 1 to 10 Fun Animation with Music	Building Relationships, Bonding, Moving Your Body	<a href="#"><u>Hey Bear Kids - Fruit Salad Dance Party - Counting 1 to 10 - Fun animation with music</u></a>
<b>ACTIVITY/LESSON DESCRIPTION</b>		
Watch the YouTube video and have fun with your infant dancing around the house!		

<b>ACTIVITY #4 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Pat-a-Cake	Physical Movement, Rhythm, Repeating	Just your Hands
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p style="text-align: center;"><b>Pat-a-Cake Song Lyrics:</b></p> <p style="text-align: center;">             Pat-a-cake, pat-a-cake baker's man              Bake me a cake as fast as you can!              Roll it, Pat it              And mark it with a "B" for baby and me!              For baby and me              For baby and me!              Pat it and mark it with a "B"              Put it in the oven for baby and me!           </p>		

<b>ACTIVITY #5 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Floor Time	Develop Muscles, Explore New Textures and Sights	A soft blanket or beach towel, Textured Quilt
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Place the baby on her back on a soft blanket or towel on the floor to give her a chance to look at new things. Change her position or the position of the blanket or towel after a few minutes. Notice what catches the baby's interest. If she looks at something, talk about it. "Do you see the fan? I'll turn it on. It spins. Do you feel the cool air?" Wiggle your hand to get the baby's attention. Slowly "walk" your fingers up and around her leg. End the "walk" with a gentle tickle or a soft poke on her tummy.</p>		



## LANGUAGE, LITERACY & COMMUNICATION ACTIVITIES

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
How Do Dinosaurs Eat Their Food by Jane Yolen	Hearing Language, Bonding	<a href="#">How Do Dinosaurs Eat Their Food?'</a>
<b>ACTIVITY/LESSON DESCRIPTION</b>		
Read the book or watch the YouTube video with your baby - you can either hold them or cuddle up next to them. Talk about what you see!		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Eating the Alphabet by Lois Ehlert	Hearing Language, Bonding	<a href="https://www.youtube.com/watch?v=TloKUf_7BJ0&amp;t=42s">https://www.youtube.com/watch?v=TloKUf_7BJ0&amp;t=42s</a>
<b>ACTIVITY/LESSON DESCRIPTION</b>		
Read the book or watch the YouTube video with your baby - you can either hold them or cuddle up next to them. Talk about what you see!		

<b>ACTIVITY #3 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Play with Your Food!	Hearing Language, Recognize Letters, Sensory Experience	Baby Food Puree or Applesauce
<b>ACTIVITY/LESSON DESCRIPTION</b>		
On a plate or highchair tray, spread a layer of baby food or applesauce. Guide your baby's finger to make letters and shapes in the food. Talk about what you are drawing!		

## THE ARTS & SENSORY ACTIVITIES, MUSIC & MOVEMENT

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ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Corn Meal (Sand Box)	Texture, Taste	Corn Meal, Toys (Like Vehicles or Animals)
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Pour corn meal on a high chair tray (or in a plastic bin) and allow your baby to rub their hands or toys, in the cornmeal. Talk about what you are doing with your baby.</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Rainbow Jell-O	Touch, Texture, Language	Different Colors of Jell-O
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Make Jell-O and put it in a bowl and let the infant squish it around. Talk about the colors and how it feels. For added fun, put some in a plastic bag and allow your child to squish it.</p>		


ACTIVITY #3 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Apple Footprints	Language, Texture	White Paper, Red Paint, Black, Green and Brown Markers
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<div style="display: flex; align-items: flex-start;">  <div> <p>Paint baby's feet red, and put them on paper in an apple shape (see example). Talk with your baby about the color of the paint, and how it feels on their feet. Makes a great gift to mail to Grandma or a friend!</p> </div> </div>		

ACTIVITY #4 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Ice Cube Painting	Texture and Sensory Experiences, Language	Food Coloring, Water, Paper
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<div style="display: flex; align-items: flex-start;">  <div> <p>Freeze water and food coloring in an ice cube mold. When frozen, give the cubes to your baby and show them how to smear the ice cubes on a piece of paper- it will look like watercolor painting!</p> </div> </div>		

<b>ACTIVITY #5 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Pudding Finger Paint	Language, Texture	Pudding (or Baby Food Puree for a younger infant) Paper
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Show your infant how to smear pudding on a paper while sitting in their high chair. Talk about the texture they are feeling, and how their design looks on paper.</p>		

## MATHEMATICS & SCIENCE ACTIVITIES

ACTIVITY #1 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Counting Fruit Objects	Learning Reputation, Language	Any sort of Fruit (make sure it's not chokable)
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<p>Sit your infant in your lap at your kitchen table- show them how to count the pieces of fruit! If they are old enough, let them eat the fruit after you count it! Try this with any food- like Cheerios, or small pieces of chicken.</p>		

ACTIVITY #2 TITLE	LEARNING GOAL/OBJECTIVE	MATERIALS
Jell-O Tummy Time	Building Muscles	Jell-O Container
<b>ACTIVITY/LESSON DESCRIPTION</b>		
<div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  <p style="background-color: #e91e63; color: white; padding: 5px;"><b>JELL-O TUMMY TIME</b></p> <p style="background-color: #e91e63; color: white; padding: 5px;">perfect for belly down developmental fun... even for Tummy Time haters</p> <p style="font-size: small; text-align: center;">CanDo Kiddo</p> </div> <div style="flex: 2; padding-left: 20px;"> <p>Make a variety of Jell-O colors and put them in a shallow container. Lay or sit your baby in front of the container and encourage them to reach inside and move their hands inside of the Jell-O. Make sure to do this somewhere you can wash easily!</p> </div> </div>		

<b>ACTIVITY #3 TITLE</b>	<b>LEARNING GOAL/OBJECTIVE</b>	<b>MATERIALS</b>
Stacking Rings	Sorting by Size, Small Motor Skills	Stacking Rings or Cups
<b>ACTIVITY/LESSON DESCRIPTION</b>		
Play with your baby by stacking rings or cups from large to small, or from small to large. Talk about what you are doing!		