

INFANT & TODDLER



ACTIVITIES

Promoting safe exploration through attentive and nurturing supervision during the summer months.



Dear Parent,

There are many unknowns in our world, however our dedication to your child and family will continue. Relationships are the cradle of all learning. Now, and always, your child needs you just as you are. Your relationship will lay the foundation for their development and success.

Have you wondered what it takes to build a parent-child relationship that can survive even the most difficult times? You can create meaningful connections that will benefit your child's development now, while making happy memories, and healthy blueprints for future relationships. Connections can heal, and they require:

- Eye contact
- Gentle touch
- Being present
- Playfulness

It's time to be silly and playful, even if it is just for a few minutes! Join in your child's play and know that you are giving your child exactly what is needed. **For infants and young toddlers please be mindful of choking hazards and never leave your child unattended while exploring new objects.*

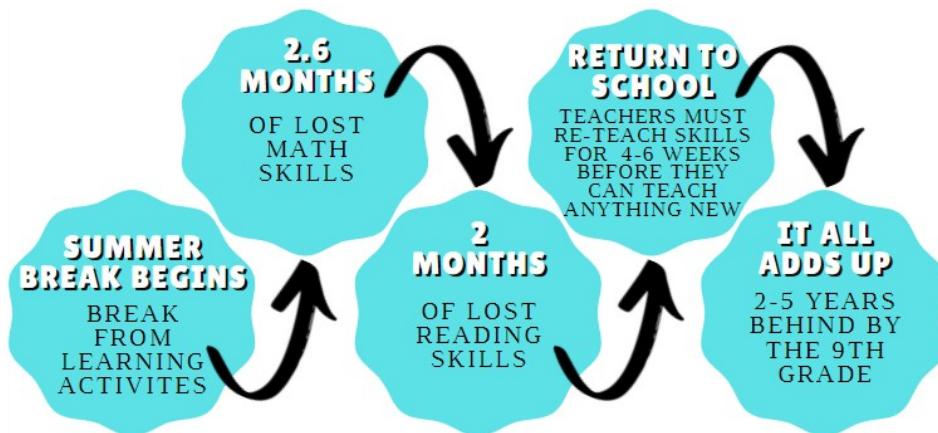
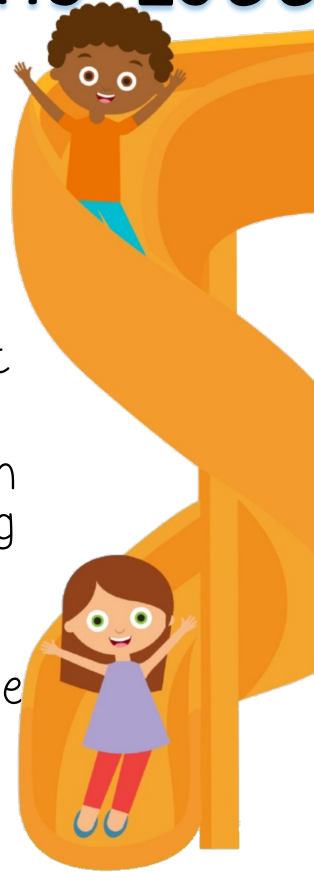
Young children develop many skills through the power of play. They develop their language skills, thinking skills, emotions, creativity and social skills. Play helps to nurture imagination and give a child a sense of adventure. Through this, they can learn essential skills such as problem solving, working with others, sharing and much more.

SUMMER SLIDE= SUMMER LEARNING LOSS

When summer break comes around, many families also take a break from consistent learning activities.

Approximately 52% of children experience learning loss during the summer months.

When we don't use certain skills for months at a time, we naturally start to lose progress.



Sensory Activities

Outdoor Window Painting

Mix paint with dish soap. The more dish soap you use the easier the clean-up, and the runnier your window paint. The more the soap the more diluted your paint colors will be, so for brighter colors, add less soap. Let children paint windows with paint brushes, sponges, hands and fingers or other tools/objects found around the home.



Pudding Painting

Mix vanilla pudding with food coloring. Can paint on paper, or shower curtain liner or right on the table! Use kitchen gadgets such as spatulas and whisks to let children paint with.

Frozen Oobleck

Mix cornstarch, water, and food coloring to get desired consistency and mix well. You can then fill ice cube trays or jelly molds and freeze. When frozen you can pop them out into a container for children to explore.



Water Play

Toddlers love water! Fill up a shallow tub with water, can add coloring, bubbles or just have it plain. Be creative with the toys/tools you add. Kitchen items are a hit: funnels, measuring cups, colanders, spoons...



Shaving Cream

Grab a can of cheap shaving cream and let children explore on table or in bath tub. Be careful to watch as shaving cream should not be ingested. Can also add color or lots of toys and tools to add to the fun. Can also put shaving cream on top of ice for a cool exploration activity.



Mud Kitchen

Create a mud kitchen easily with dirt, water and kitchen tools/items: bowls, spoons, containers, muffin tins, whisks, pie pan...etc...



JELLO Party!

Make up a bunch of JELLO! You can put JELLO in kiddie pool for little feet to explore, or in a tub for little hands!



Math Activities

Color Sorting

You can use different squares of construction paper, colored bowls or baskets for your child to collect household items that match those colors.



Similar & Different

You can use a variety of toys/items (crayons, buttons, blocks, cups, etc) to work on math skills:

- sorting: have your child sort the items according to color and shape
- counting: count the items. How many are there?
- patterns: use colored items to create simple patterns with your child



Toy Graph

Create a graph on the floor with painters tape and have your child sort his/her toys. How many of each type of toy does he/she have? How else can you sort the toys?



Fine Motor Counting

Cut out number shapes from Construction paper. Starting easy, from 0-5. Using clothespins child can attach clothespins according to the number.



Cooking Together

Have your toddler help you bake or make a meal. Cooking is a great way to learn math skills such as measuring, counting, and estimating.



Shapes

Learning shapes is a math skill! Make learning shapes fun by pointing out shapes, or doing a shape 'hunt' while you are on walks, in the grocery store or in the car!



Long and Short Yarn Activity

Cut yarn into different lengths. Talk about the difference between long and short and then you can even sort them from shortest to longest. Can also do this with objects and big and small concepts.

art Activities

Spray Bottle Art

Fill spray bottles with watered down paint. Hang large sheets of paper (butcher paper, newspaper, paper bags...) let children 'spray paint' paper. Great outdoor art activity!



Ice Cube Painting

Mix water and different Kool-Aid flavors/colors. Pour into ice cube trays and cover with plastic wrap. Insert popsicle sticks through plastic wrap and freeze. Remove when frozen and let children paint!

Painting with Rocks

Gather different sizes and shapes of rocks. Children can dip rocks in paint and make prints, roll the rocks down the paper...



Contact Paper Window Art

Tape a piece of contact paper sticky side out to a window that children can reach. They can use tissue or old colored paper scraps to stick to contact paper to create window art! Letting them tear paper is great for fine motor skills!

Animal Tracks

Gather different toys that could make tracks (cars, animals, dinosaurs, people...) and let children dip in paint and create tracks.

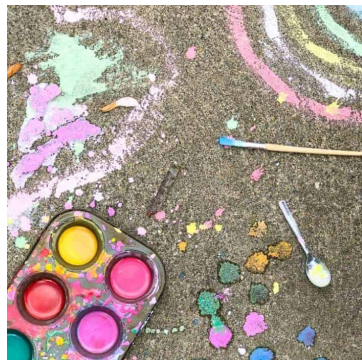


Nature Paint Brushes

Take a walk and collect sticks along with different items that children could use to paint. Large leaves, flowers, weeds... Using string or rubber bands you can tie items onto the stick as a paint brush. Children can explore the different textures and designs each paint brush makes when they paint.

Collage

Tracks Gather different toys that could make tracks (cars, animals, dinosaurs, people...) and let children dip in paint and create tracks.



Chalk Paint

Using recipe listed on recipe page make homemade chalk paint. Children can paint anywhere outside with the chalk paint with easy washable cleanup when they are done!

recipes

"Messy play" is when children get to explore different materials like clay, sand, and stones in a fun and creative way. They can touch and experiment with these materials as much as they want. This type of play helps children develop their senses, thinking skills, movement, language, and social skills. It's a great way for young children to learn and have fun at the same time.

For more information visit:

<https://edlkc.ohs.acf.hhs.gov/publication/designing-messy-play-infants-toddlers>

Finger Paint

You will need:

- 2 cups flour
- 2 tsp salt
- 4 ½ cups water
- A pot and whisk
- Food coloring



Directions:

1. Add the 4 ½ cups of water to your pot as well as the salt. Set the stove plate to medium heat.
2. Measure out your flour and slowly add it while mixing it in with a whisk to make sure there are no lumps.
3. Once you start to feel the mixture is thickening, dial down the heat to low and continue to stir with whisk until you get the right consistency of finger paint.
4. Scoop out a few spoons and add to containers so that you can color the homemade finger paint for use. Can use a muffin tray to separate colors.
5. Add 2 drops of coloring and mix. Add more if you want deeper colors.
6. Stir well.

Oobleck

Making oobleck is a great science and sensory project combined into one. After combining cornstarch and water, dip your hands into this non-Newtonian fluid, fluid that acts like a solid and a liquid at the same time. This liquid got its name from Bartholomew and the Oobleck by Dr. Seuss. In the book, a sticky green gobs called oobleck fall from the sky.



- 1 cup cornstarch
 - Food coloring (optional)
 - 3/4 cup water
 - Plastic bowl
1. Help your child measure 3/4 cup of water in a plastic measuring cup.
 2. If you have food coloring, have your child add a couple of drops to the water.
 3. Help your child measure 1 cup of cornstarch. Pour into a plastic bowl or bin. Ask your child, "What do you think will happen when the liquids are added to the corn starch?"
 4. Slowly add the water and food coloring.
 5. Let your child mix the mixture. It will take about 10 minutes to be evenly mixed, so you may need to help out. Ask your child to describe the mixture. Ask, "What color is it now?" You may need to add more water and/or cornstarch to get the consistency just right.
 6. Once the mixture is ready, have your child gently feel the top of the mixture. Ask your child how the oobleck feels. Then let your child sink their hands into the oobleck. Ask, "What does the oobleck feel like now?" "Is it bumpy or smooth? Hard or soft?" You can also ask if the oobleck feels warm or cold. Try shaping the oobleck into a ball. Can you do that with other liquids?

Note: Be sure to throw the oobleck in the trash.. Do not pour it down the drain. It may separate and become a hard clump of cornstarch!

Recipe adapted from PBS.org

recipes

DIY Chalk Paint

You will need:

- Sidewalk chalk
- Cheese Grater
- Water
- Containers
- Paint Brushes
- Food coloring (optional)

Directions:

1. Using a cheese grater, grate sidewalk chalk into small containers using the fine grater.
2. Mix in small amounts of water at a time until you get a thick paint consistency.



Cornstarch Dough Recipe (can bake or air dry)

You will need:

- 1/2 cup Cornstarch
- 1 cup Baking Soda
- 3/4 cup water
- Cookie cutters
- Food coloring or paint (optional)

Directions:

1. Combine the cornstarch, baking soda and water in medium saucepan. Turn heat to medium.
2. Stir ingredients until the mixture starts to thicken, about 2-3 minutes, then remove from heat. The mixture should look like mashed potatoes when it is the right consistency.
3. Let dough cool for several minutes until it is warm to the touch.
4. Knead the dough so that it forms a ball. Can roll the dough out and use cookie cutters, or make your own creations!
5. Dry creations very slowly to avoid cracking. Bake at low heat (175 degrees) for 45-60 minutes.
6. Turn the creations over half way. Depending on how thick your items are, they may take longer to dry.



Pre-reading skills

No Cook Play Dough

You will need:

- 2 cups all-purpose flour
- 2 tablespoons vegetable oil
- ½ cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups boiling water
- Food coloring

Directions:

1. Mix the flour, salt, cream of tartar and oil in a large mixing bowl
2. Add food coloring to the boiling water then add water into the dry ingredients *(adding in increments until dough feels right)*
3. Stir continuously until it becomes a sticky, combined dough
4. Allow to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. This is the most important part of the process, so keep at it until it's the perfect consistency. If it remains a little sticky then add a touch more flour until just right.

Store it in the refrigerator, in a sealed container and your playdough should last several weeks, depending on amount of use. If it is not sealed it will dry out. When that happens it is best to discard it and make a new batch!



EASY PLAY DOUGH
NO COOK RECIPE



Reading Together

The single most important way for children to develop the knowledge they need to become successful readers later is for you to read aloud to them often, and beginning when they are babies.

Did you know that reading stories to babies, even before they can talk, is crucial for their brain development? It's true! When you read with children, they make connections between the words you say and the pictures on the page, as well as the things they see in their world.

All of these connections help build their brains!

Try and make reading a part of your daily routine, whether that be at bed time or in the morning before you all part ways, maybe before a nap? Make reading a habit. So grab your favorite book and get ready for some brain-boosting story time with your little one!

Different activities/ways to read to your child can include:

- Give your baby/toddler sturdy board books to look at, touch and hold. Allow them to explore the books, turn the pages. As your toddler gets older encourage them to tell you about the books they are exploring.
- As your child gets older you can point and following along with the words. This will help your child learn that reading happens from left to right top to bottom, that letters form words and that words describe pictures
- Reread favorite books.
- Read 'predictable' books. This may have words or actions that appear over and over again. These books help child predict what is going to happen next.
- Have your child try to guess what is going to happen next before you turn the page!
- Visit the library as often as you can
- Have your child see that you read too! This will model to your child that reading is important.
- Depending on your child's age and attention span, reading may only last a few minutes at a time and can happen throughout the day. As they grow and get use to the reading routine you should be able to read for longer periods at a time.



Tips for Parents: Choosing Books for Infants and Toddlers

eclkc.ohs.acf.hhs.gov/parenting/article/tips-parents-choosing-books-infants-toddlers

Reading is an important skill for future learning. Here are some tips for choosing good books for infants and toddlers. Parents, caregivers, and guardians may find these tips helpful.

The following tips are provided courtesy of the National Center for Family Literacy (NCFL).

- Birth to 6 months: choose books with large pictures and simple language. Nursery rhymes and verse books are good for this age. Try reading to your infant at bedtime.
- 7 to 12 months: children this age will enjoy books with medium to large photos and simple stories. Ask your baby labeling questions and acknowledge their response.
- 12 to 18 months: try books with pictures of familiar characters, action pictures, and simple stories that relate to your child's own experiences.
- 19 to 30 months: they will enjoy books with familiar characters and pictures filled with information, action, and detail. Try reading predictable books with repeated text and let your toddler decide how they want to sit while you read.

Links to more tips about early reading:

<https://eclkc.ohs.acf.hhs.gov/publication/read-it-again-benefits-reading-young-children>

<https://www.zerotothree.org/resource/read-early-and-often/>

<https://jcls.org/kids/>

<https://josephinelibrary.org/youth-and-family/children/early-literacy/>

Toddler Book List



- What the Ladybird Heard
- The Very Hungry Caterpillar
- Giraffes Can't Dance
- The Pout-Pout Fish
- Guess How Much I Love You
- Brown Bear, Brown Bear, What Do You See?
- Goodnight Moon
- The Very Cranky Bear
- It Takes Two to Twit Twoo
- I Love You Through and Through
- Chicka! Chicka! Boom! Boom!
- Down to the Sea with Mr. Magee
- Goodnight Gorilla
- The Book with No Pictures
- The Day the Crayons Quit
- No Matter What
- We're Going on a Bear Hunt
- Pig the Pug o Rainbow Fish
- Go Dog Go
- Hugless Douglas
- Harold and the Purple Crayon
- Little Blue Truck
- Goodnight, Goodnight Construction Site
- Where's Spot?
- That's Not My Train
- Dear Zoo
- I Love You Stinky Face
- Bear Snores On
- If Animals Kissed Goodnight
- Where Do Diggers Sleep at Night?
- The Goodnight Train
- Commotion in the Ocean
- The Wide Mouthed Frog
- Welcome to the Zoo
- Where is the Green Sheep?
- Open the Barn Door
- The Very Busy Spider
- From Head to Toe
- Polar Bear, Polar Bear,

Pre-Writing skills

Prewriting skills for toddlers is going to look more like building fine motor skills. Here are some ways to increase your toddlers fine motor skills which will help lead into strong writing skills as they get older.

Different activities/ways to help your toddler grow these skills can include:

- Give your child access to pencils/crayons and paper. They can practice writing or drawing and learning how to hold and manipulate writing tools. Scribbling is a very important prewriting activity!
- Have them watch you writing your grocery list and let them make their own!
- Toddler safety scissors are a great way to strength fine motor skills, if you don't have safety scissors, then paper tearing is also a great fine motor activity.
- Read 'predictable' books. This may have words or actions that appear over and over again. These books help child predict what is going to happen next.
- For older toddlers, simple dot to dots may be something they can do. This will build eye hand coordination as well as fine motor and pre writing skills. (see attached dot to dot pages)
- Tally marks: when you and your toddler are doing a counting or sorting math activity you can show them how to draw tally marks to keep track of how many.
- Squeezing builds hand strength. One fun way to incorporate a squeezing activity is with bingo daubers (see picture).
- Using a dry erase board and dry erase markers is a fun way to draw and write.



For information about available resources and updates, please visit:

www.socfc.org/parent-resources

<https://talkingisteaching.org/resources>

<https://consciousdiscipline.com/free-resources/>