



# Care, Comfort & Connection at Home

Early Childhood Learn and Play at Home Weekly Digest May 26, 2020

During this time of remote learning, we will offer activities that enhance:

- How children and families **care** for themselves and others
- How children and families **comfort** themselves and others
- How children and families can make meaningful **connections**

## Weekly Play Prompt - Taking Care

**Suggested Materials:** doll, stuffed animal or consider making your own pretend baby by stuffing a paper bag or sock with soft materials (i.e. tissue paper, old clothing/socks)

**Prompt:** Pretend to take care of a doll or stuffed animal together. Work together to care for the doll. Consider pretending to feed it, give it a bath, put it to sleep, etc.

Ask your child the following questions:

- What does a baby need?
- Would you like to name your pretend baby?
- How does (name of pretend baby) feel today?
- How can we soothe (name of pretend baby)?

**Caregiver Extension:** Create pretend food for pretend mealtimes, give the doll a bath in a container with soap and water, and put the pretend baby to sleep in a cozy box.



## Weekly Story- A Baby Story



People all around the world have always told stories to share beliefs, traditions, and history to the next generation. Stories have the power to bring us joy, foster resilience, and connect us.

**Story Prompt:** Tell a story about a time you took care of a baby. It can be the child you are caring for now or another baby you spent time with.

- What did you do to take care of the baby?
- What did the baby do?
- How did you know what to do for the baby?
- How did you feel while you were caring for the baby?

Caring for a baby is different from taking care of children or adults because they need help with everything. The adult caregiver has to understand what the baby needs by paying attention to signals other than language. Telling a story of caring for a baby can help children understand empathy and how important it is to pay attention to the needs of others.

# Weekly Literacy Play - Hush Little Baby

Each week will feature a different song, finger play, chant or poem for children and families to sing or say together. By the end of the week children may have already memorized the material. This matters because when families model language use, while incorporating play, children are able to learn vocabulary, develop language and practice communication skills.

## Hush Little Baby

[Click here to listen to "Hush Little Baby" by the Laurie Berkner Band](#)

Hush little baby don't say a word  
Mama's gonna buy you a mockingbird

If that mockingbird don't sing  
Mama's gonna buy you a diamond ring

And if that diamond ring turns brass  
Papa's gonna buy you a looking glass

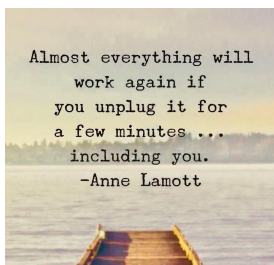
And if that looking glass gets broke  
Papa's gonna buy you a billy goat

And if that billy goat don't pull  
Mama's gonna buy you a cart and bull

And if that cart and bull tips over  
Mama's gonna buy you a dog named Rover

And if that dog named Rover don't bark  
Papa's gonna buy you a horse and cart

And if that horse and cart falls down  
You'll still be the sweetest little baby in town



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### THIS WEEK'S CAREGIVER MINDFULNESS MOMENT

Take Care of Yourself: There are lots of ways to take care of yourself. Consider something that makes you feel good or gives you a sense of well being. Ask yourself, what are some self-care activities that I can use to ensure that I am taking care of my mind, body and soul? Then, schedule a time to engage in this activity.

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