



Care, Comfort & Connection at Home

Early Childhood Learn and Play at Home Weekly Digest June 1, 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 - Moving Through the Years

Prompt: As you grow you may explore different ways to move around with your body. At first a baby may lay on their back, then maybe they discover that they can move their hand. Perhaps their hand makes a shadow. **Would you and your family like to pretend to be a baby on your back, reaching your hands toward the ceiling?** Next a baby may explore rolling from their back to tummy in order to use their developing muscles. **Would you and your family like to try rolling around the room like a baby?** Babies may also enjoy crawling or scooting around in order to move around their home.. **Would you and your family like to try crawling or scooting around like a baby?**



Caregiver Extensions:

- Compare and contrast a baby picture of your child with how the child looks now, highlighting how the child has changed since they were a baby.
- Look at pictures of yourself as a baby or young child and talk about how you have changed too! Consider looking at baby animals or a family pet and talk about the names baby and adult animals have. For example a baby cat is called a kitten and a baby duck is a duckling.

Weekly Story- Then And Now



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: Talk with your child about how they have changed in the past few years and create a story about their growth through your experiences with them; Just telling the story of daily activities illustrates many of the ways in which a young child is so different from a baby.

- How did you take the baby places before they could move around by themselves? How does the child get around now?
- How did you communicate with the baby when it could only cry? How do you and the child communicate with each other now?
- How did the baby eat? How does the child eat now?

♥ Weekly Literacy Play - Skinnamarink

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.

Skinnamarink

[Link to Skinnamarink by The Wiggles](#)

Skinnamarinky dinky-dink (Put your left elbow in right hand, wave.)

Skinnamarinky Doo (Right elbow in left hand, wave.)

I (Point to eye.)

Love (Cross your arms over your heart.)

You! (Point to child.)

Skinnamarinky dinky-dink (Left elbow in right hand.)

Skinnamarinky Doo (Right elbow in left hand, wave.)

I (Point to your eye.)

Love (Cross arms in front of heart.)

You! (Point to child.)

I love you in the morning (Cross arms above your head.)

And in the afternoon (Cross arms around your chest.)

I love you in the evening (Cross around your tummy.)

And underneath the moon! (Make circle with arms above head.)

Skinnamarinky dinky-dink (Left arm in right hand, wave.)

Skinnamarinky doo (Right arm in left hand, wave.)

I (Point to your eye.)

Love (Cross arms in front of heart.)

You (Point to child.)

Too (Show two fingers.)

Boo boop we doo! (Wave and kiss!)



THIS WEEK'S CAREGIVER MINDFULNESS MOMENT



Being silly and playing together can strengthen your connection with the children in your care. Being present for your child is important to your relationship. Can you think of some time in your day when you are present for yourself, such as taking a longer shower or stretching before the children wake up? Do you do something special each day, just for you?
