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# Infant and Toddler

## At Home Learning Packet

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Week 3

**Early childhood programs and services provided by  
Genesee Intermediate School District's  
Center for Countywide Programs.**



**This packet is compliments of  
Genesee Intermediate School District  
to support your learning at home!**



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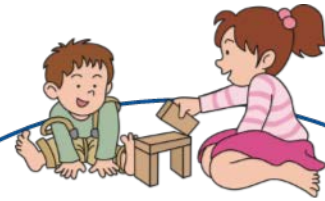
# At Home Learning for Infant and Toddler

## Week 3 – Monday

### Infant Fun

#### Count With Me

Hold your baby in your lap or have them sit in front of you and talk to them about their fingers and toes. While pointing to each finger or toe count to 10 with them. You can say “lets count your toes. 1, 2, 3, ....10 you have ten toes”!



### Learning Experiences

#### Obstacle Course

Create an obstacle course with things in your house. Allow your child to move in, out, around, under, through and over objects. Demonstrate how to move through the obstacle course and describe your actions. This activity will help your child learn spatial relationships and shapes.

### Moving and Grooving

#### Bowling Indoors!

Find a ball to use. Set up a few items for pins. Lots of things will work for these, empty pop bottles, paper towel tubes, or toilet paper tubes.

Practice counting as the pins fall down!



### Fingerplay of the Week

#### Five Little Monkeys

#### Swinging in Tree

Five little monkeys swinging in a tree.  
(Place an arm up like a monkey tail hanging from a tree)

Teasing Mr. Alligator, “You can’t catch me!”  
(Make silly faces)

Along comes Mr. Alligator as quiet as can be.  
(Place palms together, moving them back and forth as if swimming)

And SNAPS that monkey right out of that tree.  
(Clap hands together like an alligator’s jaws)

**Repeat until no more monkeys are left.**

# At Home Learning for Infant and Toddler

Week 3 – Tuesday

## Infant Fun String Along

You can turn just about any toy into a pull-along toy!

Attach a piece of yarn or shoelace to your baby's toy truck or the arm of a stuffed animal and encourage your little one to give it a tug. He'll be delighted to see the effect of pulling his toy on a string!

As he begins to crawl, put the string just out of his reach so that he has to move to grab it and reel in his toy.



## Learning Experiences

### Jump Counting

Have your child jump and encourage them to count how many times they can jump. For example you can say "Can you jump and count to 5?".

For added fun jump with your child as you both count!

## Moving and Grooving

### Squeezing Sponges

Fill up your sink or bowl with some water and allow your child to explore the water by using sponges.

Explain to your child what a sponge does and let them explore!



## Language

### Reading Books

Reading to your toddler everyday is a great way to introduce new vocabulary words. Read your child a simple book with pictures and ask questions related to the story.

You can also point at images in the book and ask him to identify them.

# At Home Learning for Infant and Toddler

## Week 3 – Wednesday

### Infant Fun

#### Shadow Sharing

Babies have limited vision in their first few months but they are tuned in to contrasts between light and dark.

At bedtime or naptime, slowly move a flashlight beam across the wall or ceiling of your room or baby's room. See if she can follow it with her eyes.

As she grows, she will get better and better at following the moving beam—this skill is called “visual tracking”.



### Learning Experiences

#### Rock Collection

When going outside encourage your child to start collecting rocks that they see. Talk to them about each rock they collect. Describe to your child how the rocks are similar and how they are different. Are they big, rough, smooth, or heavy? This activity will help your children compare and measure objects.

### Moving and Grooving

#### 1, 2, 3 Hop

Choose an area in your house or outside where your child can move safely. Encourage your child to hop, jump, step, crawl, crab walk, or gallop. Choose skills that will challenge your child but ones they can still do successfully.

This activity will help your child improve their strength, balance skills, and stability.



### Language

#### Telephone Game

Get a pair of play or real telephones and pretend that you are calling your toddler. Encourage him to pick up the phone and answer. Teach him how to say hello and ask him simple questions. Doing this activity is not only fun for your toddler but it also teaches him listening skills and helps to improve his speaking skills.

# At Home Learning for Infant and Toddler

Week 3 – Thursday

## Infant Fun

### Yummy Foods

At mealtime when you are feeding your baby, talk to them about what they are eating. Respond to any coos or gestures your baby is making. This is the beginning stages of teaching your baby how to have back and forth conversations with you.



## Learning Experiences

### Sink or Float?

For this activity fill up some water in your sink, bathtub or bowl of some sort. Have your child collect items from around your house or outside that are safe to go into water. Predict with your child about what items they think will sink or float.

## Moving and Grooving

### What Do You See Outside?

With the weather getting nicer go on a walk with your child and talk about all the different things you see and hear outside.

Take a paper bag and collect nature items to be explored later at home!



## Language

### Flashlight Fun

Shine a flashlight on different parts of a room. Each time you shine the light on an object, name it: for example, "This is the table". Let your child shine it on various objects and name them. Older children can practice following directions as you lead them in a fun game of finding specific objects.



# Infant and Toddler Home Connections

## Week 3

### Social Emotional Learning

#### Creating Your Little Rules Together

The 2 Big Rules of our program are “Be Safe and Be Responsible.” They are also known as “The 2 Bees.”

#### Why are our rules important?

- Rules help the children know what TO DO instead what you don’t want them to do. (talk quietly versus stop yelling)
- They are consistent and predictable. Children learn that they can expect the same thing time and time again.
- They help create structure, as rules are something you live by throughout your day.

More resources will be sent soon to help you create your rules at home.



### Mindfulness at Home

#### For When You Are Feeling Frustrated

A popular mindfulness exercise known as S.T.O.P. can be helpful:

- ◇ Stop. Just take a momentary pause, no matter what you are doing.
- ◇ Take a breath. Feel the sensation of your own breathing, which brings you back to the present moment.
- ◇ Observe. Acknowledge what is happening, for good or bad, inside you or out. Just note it.
- ◇ Proceed. Having briefly checked in with the present moment, continue with what you were doing.

### Healthy Habits

#### Bedtime Routines and Sleep

- Stick to the same set bed time and wake up time each day.
- Maintain a consistent bedtime routine. Establish calm and enjoyable activities 30 minutes before bedtime, such as taking a bath or reading a bedtime story to help your child wind down.
- Stop electronic screen time at least 1 hour before bedtime.
- Make sure the sleeping environment is quiet, cool, dark, and comfortable for sleeping.
- A toddler needs 11 to 14 hours of sleep a day, including naps.



### Nutrition Ideas

#### Nutrition Tips for Toddlers

- Enjoy eating together as a family.
- Your child may not eat well when tired or not hungry.
- Offer water or milk to drink. Sweet drinks like juice are not needed.
- Involve your child in simple meal preparation.
- Accept some food refusal without worry.
- Be a role model for your child and eat a healthy diet.
- Keep things positive. Talk about colors, shapes, textures so they sound appealing to your child.



# Family Connections and Resources

Several families with young children are trying to figure out how to balance the demands of working and parenting/homeschooling from home, all while physically isolated from the peers and support circles we typically lean on. If you are feeling overwhelmed by all of this - please know that you are not alone. While we cannot control everything in our environments, especially right now, we can address our stress level to help us regain a sense of balance.

The most important thing you can do to take care of yourself is to make a plan to ensure you can get your most basic needs met. You will need to sleep, eat healthy food, and drink plenty of water. Another basic human need is social connection. Make sure you're texting or talking with people you care about, even if only for a few minutes. When you take care of yourself, you can better take care of your family. Below are some resources to cultivate a sense of calm during these uncertain times.

Teaching your own children at home is a new experience for most families. Even though we are providing the curriculum some families may need access to resources, such as the internet, to help them implement the curriculum. You will also find resources below to help guide you if you need assistance with the internet.

## Resources

**GISD Social Emotional Resource phone line 591-HELP (591-4357)**

Students or parents can call this line and be connected with a licensed professional from the GISD (social workers, counselors, therapists) during the hours of 9:00 a.m. - 5:00 p.m., Monday - Friday. Callers are able to leave a message after hours and will receive a call back during open hours. The licensed professional answering the call may assist in the following areas: Provide support to assist students and parents dealing with stressful situations; Provide assistance in accessing resources and getting the help students/families need; Refer students/families to other local and county agencies for additional support.

**Mindfulness - Crim Fitness Foundation** Join the Crim team LIVE online for guided meditation, yoga, breathing, mindful movement and many other classes. You will also find Mindfulness Toolkits, audio practices and video practices. Please visit [crim.org](http://crim.org).

**Genesee Health System: Our Crisis Line** is available to anyone by calling 810-257-3740, 24 hours a day, 7 days a week. Alternatively, you can text FLINT to 741741 to connect to a counselor immediately. These services are completely free.

Comcast is boosting speeds and offering a free trial for its internet Essentials Program, its low-cost internet service for lower income customers. Sign-up at [www.internetessentials.com](http://www.internetessentials.com) or call 1-855-846-8376 for English or 1-855-765-6995 for Spanish.

AT&T is waiving internet data coverage for customers not already on unlimited home internet plans. Also, its Access program will continue to offer internet data to qualifying limited income households for \$10 per month. See: <https://about.att.com/pages/COVID-19.html>

Charter is offering Free Access to Spectrum Broadband and Wi-Fi for 60 Days for New K-12 and College Student Households and More. Installation fees will be waived for new student households. To enroll, call 1-844-488-8395.

### CONTACT INFORMATION:

Pre-Kindergarten (3-5 year old): [pscott@geneseeisd.org](mailto:pscott@geneseeisd.org)

Infant & Toddler (0-3 year old): [tbully@geneseeisd.org](mailto:tbully@geneseeisd.org)