

**STREAMin<sup>3</sup>**

integrated | intentional | interactions



# Family Activity Cards

## Infant

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## Using This Guide

The STREAMin<sup>3</sup> curriculum support children's development of the Core and STREAM skills that children need to thrive and to be successful in kindergarten and beyond, including: Relate, Regulate, Think, Communicate, and Move. This booklet contains simple, fun activity suggestions that you can do at home to support your child's growth of these skills.

# Cause-and-Effect Play

Cause-and effect play helps your infant understand the relationship between two things (i.e., when one makes the other happen). It provides your infant with opportunities that are fun and engaging, and it also encourages their development of important skills needed to explore and understand the world around them. Plus they love to watch (and make) things happen!

## Activities that Promote This Skill

- ◆ Turn on/off lights, mold play-dough, or mix paint/colors
- ◆ Roll ball/car down a ramp, water play, or build and knock over blocks/cups
- ◆ Musical toys, or engage in back-and-forth sounds/conversation

## Promote Core Skills Through Cause-and-Effect Play

Below are a few ideas for how to support your child's Core Skills.



### Relate

Engage in cause-and-effect play with your infant (e.g., bang on pots/pans, or roll balls down ramps to each other).



### Regulate

Imitate and label your infant's emotional reactions (e.g., "You were so surprised when that fell over! It made a loud noise!").



### Think

Label and point to where objects are in space (e.g., "The ball is at the *top*, now it is at the *bottom*!").



### Communicate

Imitate your infant's sounds, noises, and words to show that their actions influence your actions.



### Move

Stack blocks or small objects and then knock them over.

# Gross Motor Play

Your infant needs lots of opportunities to practice using their gross motor (or large muscle) skills. There are many fun and easy activities that encourage your infant to use their arms, legs, and bodies. As a bonus, this will also help your child develop an active and healthy lifestyle.

## Additional Ways to Promote This Skill

- ◆ Create an obstacle course (e.g., boxes, pillows, blankets, etc.) for your child to explore
- ◆ Moving arms and legs during diapering
- ◆ Tummy time for younger infants (see Tummy Time Activity Card)

## Promote Core Skills Through Gross Motor Play

Below are a few ideas for how to support your child's Core Skills.



### Relate

Strengthen your relationship by playing hand games with your infant, like pat-a-cake, or by rolling/tossing balls back-and-forth.



### Regulate

Help your child develop increased attention and behavior control by incorporating play that emphasizes gross motor control (e.g., catching bubbles, rolling balls, or yoga).



### Think

Support imitation skills by incorporating games that encourage your infant to mimic or follow your behaviors (e.g., follow the leader).



### Communicate

Support listening and understanding by singing songs with your child that link words with gestures (e.g., *Open Shut Them*, *The Eensy Weensy Spider*).



### Move

Draw your infant's attention to different body parts as they use them in play (e.g., "You're using your *arms* to reach for the toy!").

# One-on-One Time

Joint (or shared) attention is when your infant shares their attention on an object or activity with you by pointing, using eye contact, or making noises to show you what they are looking at/doing. It starts to develop around 9 months of age, but one-on-one time can be used at any time to encourage this skill. This back-and-forth exchange helps your infant learn how to use social communication!

## Promote Core Skills Through One-on-One Time

Below are a few ideas for how to support your child's Core Skills.



Position yourself at face level with your infant and use eye contact, smiles, cheers, and excited voices to encourage shared attention. Use materials that encourage social interaction (e.g., peek-a-boo, pat-a-cake, or bubbles).



Share and copy your infant's emotional experiences (e.g., "You look excited! I see you clapping your hands!").



Encourage your infant's curiosity/exploration by talking to them about what they are looking, pointing, or gesturing at (e.g., "You are pointing to the bird. Look at it fly!").



Copy and/or describe your infant's use of sounds and pointing/gestures to encourage communication.



Purposefully place objects and materials of interest out of reach so that your infant must use their motor skills to gesture or move toward them.

# Pretend Play

(older infants)

Around 14-18 months of age, your child will start to copy things they see you doing. Through pretend play, your child is learning imitation and symbolic reasoning which is helping them develop the ability to understand that symbols hold meaning or stand for something else (e.g., when your child pretends that a pretend “phone” is a phone).

## Promote Core Skills Through Pretend Play

Below are a few ideas for how to support your child’s Core Skills.



### Relate

Show your child how to take care of dolls or stuffed animals (e.g., feed, rock, or put to sleep).



### Regulate

Show your child different emotions with your face while giving each emotion a name (e.g., Make a happy face and say, “I am happy!” Make a sad face and say, “I am sad.”).



### Think

Use lots of hand motions and sounds when playing (e.g., “beep beep” for a car horn, or “wahhh” for a crying baby).



### Communicate

Practice conversations by pretending to “talk” back-and-forth using a telephone.



### Move

Play with your child by pretending to feed, brush hair, or brush teeth with a favorite doll or stuffed animal. Use a brush/comb, spoon/cup, and/or toothbrush while playing.

# Sensory Play

Your infant loves to move and learn about everything around them by using their senses (e.g., seeing, smelling, touching, tasting, and hearing). Play with your infant using items and toys that use all five senses.

## Promote Core Skills Through Sensory Play

Below are a few ideas for how to support your child's Core Skills.



**Relate**

Show your child pictures of friends, family members, or a child-safe mirror and talk about what they see (e.g., "Look! That is you! You are smiling!").



**Regulate**

When your infant loses interest in a toy, change to a different toy (e.g., change from rolling a smooth ball to rattles/shakers).



**Think**

Talk to your infant about the toys you both are playing with. Talk about how the toys are the same or how they are different.



**Communicate**

Use words often to describe the toys or experiences (e.g., "This bunny feels fluffy" or, "This ball feels bumpy" and, "The bath water feels warm!").



**Move**

Show your infant different ways to explore the toys/items you are playing with (e.g., brush something soft against cheek, put water on your tongue, squish playdough in your hand).

## Common Ways to Promote This Skill

- ◆ **Water play:** During bath time, let your child explore the water and describe what they are doing (e.g., "You feel the warm water. It is splashing on your belly!").
- ◆ **Outdoor Time:** When walking or playing outside, talk about the things you see, hear, and smell (e.g., "I see the bird! It said 'tweet!'").
- ◆ **Diapering:** Use words to describe what your child can sense during diapering (e.g., "Here is the wipe! It is cold on your skin!").
- ◆ **Mealtime:** Talk about the taste and texture of food.

# Songs & Fingerplays

Songs and fingerplays provide excellent opportunities for you to engage with your infant in ways that encourage learning while having fun! By repeatedly using familiar phrases with them, they are developing many important skills, all while enjoying time spent with *you*.

## Example: Pat-A-Cake

Pat-a-cake, pat-a-cake, baker's man  
Bake me a cake as fast as you can  
Pat it and roll it and mark it with a B  
And put it in the oven for baby and me

## Additional Songs & Fingerplays:

- ◆ If You're Happy
- ◆ Pat-a-Cake
- ◆ Baby's Fingers
- ◆ Fe, Fi, Fo, Fum
- ◆ Five Little Ducks
- ◆ Going on a Treasure Hunt
- ◆ Where is Thumbkin?
- ◆ Open, Shut Them
- ◆ This Little Piggy
- ◆ Wheels on the Bus
- ◆ Five Little Leaves

## Promote Core Skills Through Songs & Fingerplays

Below are a few ideas for how to support your child's Core Skills.



### Relate

Maintain eye contact with your infant and mirror their facial expressions.



### Regulate

Choose songs/fingerplays that are about feelings (e.g., "If You're Happy," or, "Little Orange Pumpkin").



### Think

Engage your infant in songs/fingerplays that include numbers (e.g., "Five Little Ducks" or "Five Little Leaves").



### Communicate

Emphasize rhythm and rhyming words as you repeat them.



### Move

Over time, choose songs/finger plays that require your infant to use their hands and fingers more (e.g., "Fe, Fi, Fo, Fum," or, "Where is Thumbkin?" or, "Itsy Bitsy Spider").

# Tummy Time

(younger infants)

Tummy Time is like exercise for your infant and provides them the opportunity to gain strength and use their muscles. To engage in tummy time, lay your infant on your chest or place them on a soft space on the floor (e.g., blanket or rug). If your infant is younger, you can place a pillow under their chest.

It is best to practice tummy time when your infant is not hungry or tired since it can be challenging, and it is ok if your infant will only tolerate a few minutes.

## Promote Core Skills Through Tummy Time

Below are a few ideas for how to support your child's Core Skills.



### Relate

Position yourself at your infant's eye level and make eye contact, smile, and talk with them as they do tummy time. Acknowledge their efforts, "You are working so hard to pick up your head! You are getting strong."



### Regulate

Capture your infant's gaze and attention by providing exciting props (e.g., mirror, rattle, or colorful objects).



### Think

Encourage your infant to explore by talking about what they are doing or looking at (e.g., "You see the rattle! You like the rattle. I can see you smiling.")



### Communicate

Make noises, talk, or sing to encourage your infant to lift their head to communicate with you.



### Move

Over time, challenge your infant by placing toys further away or removing pillow support. This will help their muscles get stronger.