



July 2020/Julio 2020 WCAC Early Head Start



Monthly Focus:	Monday <i>Lunes</i>	Tuesday <i>Martes</i>	Wednesday <i>Miercoles</i>	Thursday <i>Jueves</i>	Friday <i>Viernes</i>
<p>Summer Safety Tips</p> <ul style="list-style-type: none"> Apply sunscreen with (SPF) 15-30 Apply sunscreen 30 minutes before going outside <p>Monday Language Development By Kristina</p> <p>Tuesday Fine Motor Development By Yesmeli</p> <p>Wednesday Arts & Crafts/Music & Movement Activities By Stephanie</p> <p>Thursday Cognitive Development By Janet</p> <p>Friday</p>			<p>1 Arts & Crafts/Music & Movement Activities <u>Rain sticks:</u> Have your child decorate an empty paper towel roll. Securely tape one end, fill with rice or beans then tape the other end closed.</p>	<p>2 Cognitive Development <u>Rock Hunt:</u> Go outside and find rocks, sort by size, shape, or color. Wash rocks in a pail, paint or color them. Stack them!</p>	<p>3 Gross Motor Development <u>Garden Yoga:</u> See Poster at bottom, try all five poses</p> <ol style="list-style-type: none"> A tree A frog A seed A butterfly A flower
	<p>6 Language Development Infant/Young Toddler: "I'm the Biggest Thing in the Ocean" By Kevin Sherry Older Toddler/Preschool: "Pete the Cat: Scuba Cat" By James Dean</p>	<p>7 Fine Motor Development <u>Fun with Tape:</u> You will need- Painter's tape or an easy peel tape. Lay a few strips of tape on the floor and let your child peel it off.</p>	<p>8 Arts & Crafts/Music & Movement Activities <u>Pop-Up-up Pillow:</u> Use a pillow large enough for a toddler to sit on. Sing "Pop Goes the Weasel" replacing weasel with the child's name. When you sing, "Pop goes (child's name), have the child jump up and stand on the pillow. Infants will need you to hold their hand and help them stand.</p>	<p>9 Cognitive Development <u>Games:</u> Play "Peek-a-boo", "Hide and Seek", and the "What's Missing" game.</p>	<p>10 Gross Motor Development <u>Recycle Fun:</u> Reuse plastic cups into a fun stacking game. Let's see how high you can go! Get the little ones to help bring and stack cups too.</p>
	<p>13 Language Development Infant/Young Toddler: "Beach Baby" By Amy Pixton Older Toddler/Preschool: "Summer" By Alice Low</p>	<p>14 Fine Motor Development <u>Fun with Sponges:</u> You will need- 1 or 2 large sponges. Cut sponges in different sizes. Put 2 to 3 cups of water into a large bowl, add sponges and let your child squeeze the water out of each sponge.</p>	<p>15 Arts & Crafts/Music & Movement Activities <u>Kitchen water rock band:</u> Fill metal bowls and pans with different amounts of water and give your child a spoon to bang on them and hear the different sounds. They can add or take water out to make different sounds.</p>	<p>16 Cognitive Development <u>Color Fun:</u> Cook spaghetti. Add food coloring and a couple drops of oil. Have your child mix different bags with different colors. Empty in a small pool, or a big bowl and let set for 10 minutes.</p>	<p>17 Gross Motor Development <u>Tracing Fun:</u> Trace hands and feet on paper then cut them out. Tape paper tracings on the floor and have your child match their hands and feet to the paper.</p>

Gross Motor Development By Cathia -----	20 Language Development Infant/Young Toddler: “Baby Loves Summer” By Karen Katz Older Toddler/Preschool: “Hark A Shark!” By Bonnie Worth	21 Fine Motor Development <u>Spray bottle fun:</u> You will need- 1 spray bottle. Put water in a spray bottle and have your child spray plants.	22 Arts & Crafts/Music & Movement Activities <u>Where is Baby:</u> Sing to the tune of “Where is Thumbkin”, Where is (insert baby’s name)? Where is? Here I am, here I am. (Gently pat the baby on the belly as you say the words.) How are you today, (baby’s name)? Very well, I thank you. Clap your hands, clap your hands. (Help the baby clap their hands.)	23 Cognitive Development <u>Lacing Fun:</u> Cut up straws or use pasta. Use a shoelace and string the straws to make a necklace.	24 Gross Motor Development <u>Homemade bubbles:</u> See bottom for instructions. Ingredients: <ul style="list-style-type: none"> • Dish soap • Sugar • Water • 1 Empty water bottle
	27 Language Development Infant/Young Toddler: “Baby Beluga” By Raffi Older Toddler/Preschool: “Harry By the Sea” By Gene Zion	28 Fine Motor Development <u>Puzzle Play:</u> Choose a puzzle with pictures and help your child find where each piece belongs.	29 Arts & Crafts/Music & Movement Activities <u>Xylophone-Name Hopschotch:</u> Draw a xylophone bar for each letter of your child’s name using sidewalk chalk. Each bar should get shorter, and shorter as you go along. (You can also do colors and shapes.)	30 Cognitive Development <u>Shape Walk:</u> Go for a shape walk through your house. Look for different shapes (a rectangle door, a circle clock, etc.) Encourage your child throughout the day to continue to look for shapes.	31 Gross Motor Development <u>Exercise Fun:</u> <ul style="list-style-type: none"> • Stretching • Jumping Jacks • Sit-ups • Push-ups • Leg lifts See chart

Instructions for homemade bubbles:

1. Put 1 cup of water into a large bowl
2. Add 2 tablespoons of sugar
3. Add 4 tablespoons of dish soap
4. Mix and that is it!

*For older toddlers try a few drops of food coloring in the water

Instructions for bubble wand:

1. Cut a small hole at the bottom edge of the water bottle (this will become a mouthpiece for blowing bubbles).
2. Dip the bottle mouth into the bubble solution and then blow through the hole you created.

****See “Garden Yoga” poster for positions**