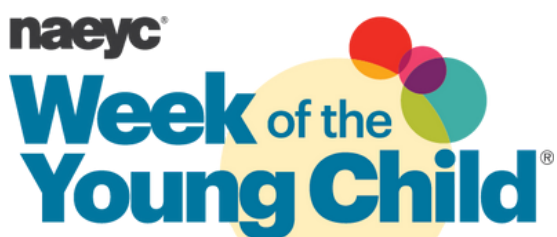


FAMILY ACTIVITY GUIDE

for Week of the Young Child
April 5-11, 2025



miaeyc

Michigan Association for the
Education of Young Children
An Affiliate of **naeyc**

Self-Care Strategies



The importance of being healthy and well – for you

Being a caregiver can be rewarding and exhausting. Young children depend on you to place their needs first and you give a great deal of time and energy to these young children. In doing so, you may not reserve the same amount of time and care for yourself. Taking action to respond to your own stress and self-care is a priority – you need to be well to do well. Here are some helpful strategies to a healthy and well you.



Sleep your best:

★ Get 7-8 hours of sleep per night. Identify your sleep bandits (lack of a routine or consistency, screen time, caffeine, an active mind, distracting sensory surroundings). Write down what adjustments you try to help yourself get the best sleep for the best next day that you can



Let something go

Ask for help:

Sometimes you may take on way too much and your stress level suffers. Is there anything you can let go of? Is there anything you can ask for help to do? Can you share a responsibility instead of taking it on yourself? Help find the right balance to enjoy what you do take on. Log how you helped yourself find more balance.



Make a healthy swap:

Every time you crave an unhealthy snack, replace it with glass of water or a healthy snack for one week.



Let it out:

Talk, journal, or even just “jot” when you need to let it out. Call someone, talk to someone nearby, or take down some notes on scrap paper... just don't hold it in! Make a note in the chart every time you let it out.

Rev it up: Move:

Add different kinds of movement to your routine, such as trying a new exercise or physical activity. Get your heart rate pumping and track your type of movement, the minutes, distance, or intensity of each type of activity.



Pause and recenter:

Take time out of every day to hit the pause button. Do a few breathing exercises, close your eyes and visualize happy thoughts, take a short walk, or try a yoga pose.



Put out good vibes and energy:

Leave interactions with better energy than you found them. Write down every time you bring good energy to an interaction for the week.



**FOR MORE
RESOURCES**

CLICK QR CODE



Music Monday

Using Music to Support & Nurture Children's Developmental Skills

Infants up to 12 months

Social Emotional: Playing music during difficult transitions helps babies begin the process of learning how to calm and regulate themselves.

Physical: Play music while babies lay on the floor and move their arms and legs to the beat helps babies move their bodies while listening to music.

Thinking: Provide babies with homemade instruments that allows babies to practice cause-and effect and gives them a chance to figure how objects works.

Language: Sing simple songs to babies with hand gestures.

Young Toddler 12 to 24 months

Social Emotional: Play games like Freeze. Explain that when you turn the music off that they have to stop in place and stay still until the music starts again. Gives toddlers a chance to practice self-control and self-regulation.

Physical: Sing "Head, Shoulder, Knees, and Toes" builds on body awareness and encourage coordination, balance, and better understanding of body parts.

Thinking: Sing the Clean-up song while cleaning up allows toddlers to make connections, help them to learn what will happen next (sequence and patterns), and cope with transitions.

Language: Expose toddlers to music from other cultures. Rhythm often makes it easier to pick up new words and phrases.

Older Toddlers 24 to 36 months

Social Emotional: Encourage your child to create and explore how the instruments work.

Physical: Introduce creative movement experiences through singing. Example, when singing pop goes the weasel have toddler swing up a blanket and/or sheet and sit underneath it.

Thinking: Play a game of Fast and Slow with fast beats. This allows the child to problem solve; as their brain process the sound to coordinate how their body will move.

Language: Hearing a story through music helps children understand sequences.

How Dance Aids Development

Infant/ Toddler, Preschool



Beyond Twinkle, Twinkle: Using Music with Infants and Toddlers| ZERO TO THREE



Multicultural Music and Songs that Build an Appreciation of Diversity (songsforteaching.com)



For more Information:
Click on QR Codes



TASTY TUESDAY

GARDEN YOGA FOR KIDS

How To: Encourage Your Child to Try and Taste New Healthy Food
By Healthy Eating Research
Full Article [HERE](#)



Some kids will need extra encouragement to try foods again and again. Below are tips to get kids involved and help inspire your children to try and taste new foods.

- Encourage your little ones to learn through all of their senses!** During playtime, allow kids to touch and smell their food to spark interest and improve comfort with new foods during meal prep or playtime.
- Offer first courses.** Offering vegetables as an appetizer at dinner gives kids the opportunity to eat healthy foods when hungry and without other competing food.
- Pair a new food with familiar flavors.** Sometimes offering new foods, like veggies, with well-liked dips or dressings or seasoning them in a familiar way will encourage kids to try new foods and may even help with acceptance.
- Offer positive reinforcement, such as non-food rewards or praise to convey love and encourage trying new foods.** Focus praise on willingness to try ("great job trying") rather than the child ("you are a good boy").
- Let your children take charge (within healthy boundaries, of course) by choosing which vegetable they'd like to try.** This choice should be given before meal preparation and based on what is available in the home, so food is not wasted.

Grow With Me... in the Kitchen!

By Keep Growing Detroit
Full Article [HERE](#)



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



Farmers Market/ Grocery Store Scavenger Hunt

- A food that grows underground
- 2 different **red** fruits
- The **BIGGEST** vegetable
- The *smallest* vegetable
- A fruit you haven't tried yet!
- A funny shaped fruit or vegetable

Delicious



Work Together Wednesday



How to Create Rules

- ▶ Identify 3-5 rules that are important for your family.
- ▶ Write down the rules as “do’s” (instead of “don’ts”).
- ▶ Pick rules that apply to situations where your child needs reminders.
- ▶ Pick rules that your child can learn to do (e.g., appropriate for your child’s age and abilities).
- ▶ Make a rules chart. Add a picture that shows your child following the rule. Have your child help or watch you make the chart and abilities).
- ▶ Celebrate your child’s effort and success. Praise and encourage your child for learning and following the rules.

For more information
scan QR Code

Early On is Michigan's system for helping families of infants and toddlers, birth to age 3 who have developmental delay(s) and/or disabilities. Early On supports and partners with families to promote the development of their infants and toddlers in developmental areas.



Let’s Turn ‘Wash Time’ Into ‘Talk Time’!

Laundry time aren’t just for washing clothes!
You can talk, read, and sing there too!

While washing: Read together. Words are all around the laundromat—even on clothing labels and machines! Have fun pointing them out together.

While drying: Talk about colors. Name the colors you see all around.

While folding:
How does it look and feel? Take turns using words to describe how each clothing looks and feels!



Community Diversity with Sesame Workshop



Resources to help children celebrate and understand our diverse world. For more information scan QR Code



Artsy Thursday



Benefits of Art:

- Promotes creativity
- Encourages neural connections
- Builds fine motor skills
- Develops problem solving abilities
- Help Kids connect and understand themselves and the world around them.

For more information click on QR Codes



Youtube Art

Book Readings:

Click on QR Codes to view

Ablaze with Color :
A Story of Painter
Alma Thomas



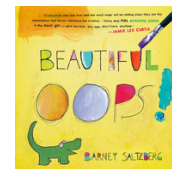
Henri's Scissors



Frida Kahlo



Beautiful OOPS!



Open-Ended Art Experiences:

- Easel painting, with a variety of paints and paintbrushes (with no directions)
- Watercolor painting, finger painting
- Exploring and creating with clay, Using homemade dough
- Painting with unusual tools like toothbrushes, paint rollers, potato mashers
- Printing and stamping (stamps purchased or made with sponges)
- Creating spin art using a record player and paint, squirt bottles, paintbrushes, or markers
- Stringing beads independently and creatively
- Weaving cloth, yarn, or paper
- Drawing with pencils, art pens, various sizes of markers, or crayons
- Making collages using tissue paper, various sizes of paper, glue, paste, glue sticks, scissors, and recycled materials



Loose Parts

Activity Guide:

Activity guide that offers activities that allows your child to play, learn, explore and discover.



Treasure Baskets/Boxes



A basket or box filled with natural and everyday items which babies can explore by themselves using their senses.





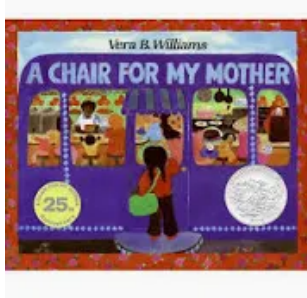
Family Friday



"Here are some read-aloud books to engage your family in support of reading."

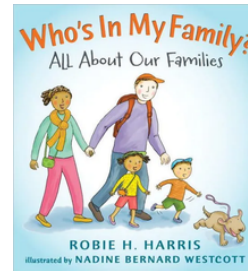
A Chair for My Mother

Child, mother and grandmother support each other during trying times.



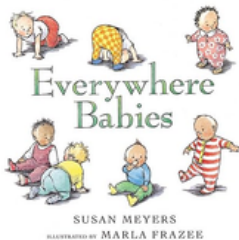
Who's in My Family?

All kinds of families are explored through the experiences of one family



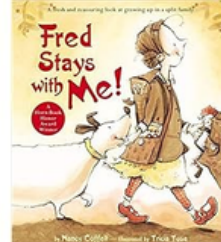
Babies Everywhere

Depicting the various daily activities of diverse babies.



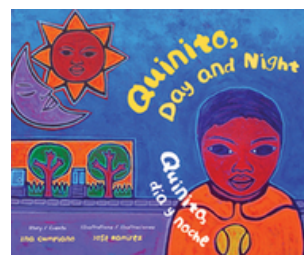
Fred Stays with Me

Girl has a dog who lives with her as she travels between two homes - mom's and dad's



Quinito, Day and Night

Bilingual book about a boy who recognizes differences (opposites) between him and his family members



Let's talk about
GRANDPARENTS!

*Tips about rich
conversations and stories
with Grandchildren*



Tools for
tracking
**Developmental
Milestones!**

-Center for Disease Control



