

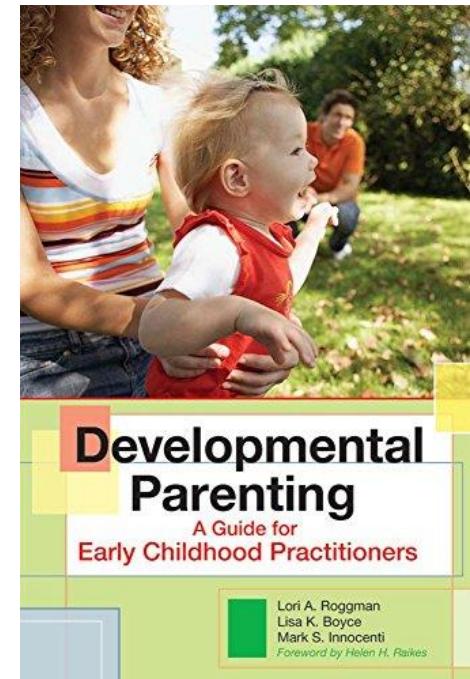
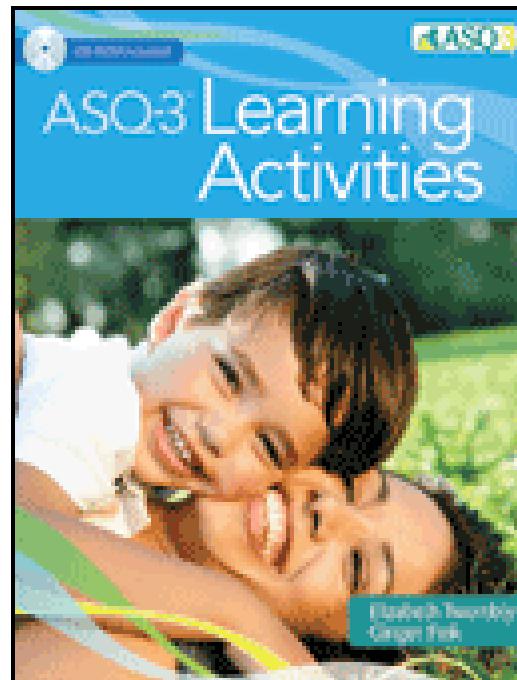
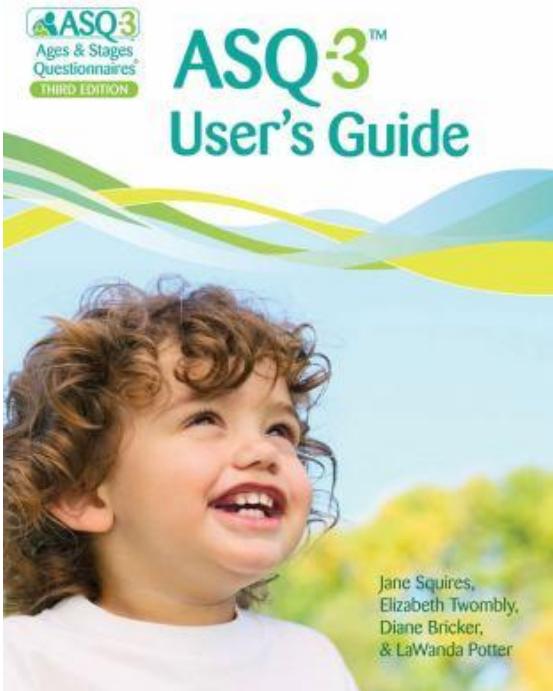
Supporting the Home Learning Environment

Using ASQ Family Activities and
Developmental Parenting

Learning Objectives:

- Review of tools available to support the home learning environment
- Understand how to use each of these tools

Resources each program has:



Using Poll Everywhere

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How many of you are aware of these resources in your program?

- I am aware of these resources **A**
- I am not aware of these resources **B**
- I am not sure of these resources **C**

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ASQ-3 User's Guide

Tools included:

- Appendix F – Intervention Activities in English and Spanish
- DVD – Electronic copies of Intervention Activities

Activities for 1-4 Month Old's

Activities for 48-60 Month Old's

Activities for Infants 1-4 Months Old

Talk softly to your baby when feeding him, changing his diapers, and holding him. He may not understand every word, but he will know your voice and be comforted by it.	When you see your baby responding to your voice, praise and cuddle her. Talk back to her and see if she responds again.	Take turns with your baby when he makes cooing and gurgling sounds. Have a "conversation" back and forth with simple sounds that he can make.	Sing to your baby (even if you don't do it well). Repetition of songs and lullabies helps your baby to learn and listen.	With your baby securely in your arms or in a front pack, gently swing and sway to music that you are singing or playing on the radio.
Place a shatterproof mirror close to your baby where she can see it. Start talking, and tap the mirror to get her to look. The mirror will provide visual stimulation. Eventually your baby will understand her reflection.	Rock your baby gently in your arms and sing "Rock-a-bye Baby" or another lullaby. Sing your lullaby and swing your baby to the gentle rhythm.	Put a puppet or small sock on your finger. Say your baby's name while moving the puppet or sock up and down. See whether he follows the movement. Now move your finger in a circle. Each time your baby is able to follow the puppet, try a new movement.	With your baby on her back, hold a brightly colored stuffed animal above her head, in her line of vision. See if she watches the stuffed animal as you move it slowly back and forth.	Make sure your baby is positioned so that you can touch his feet. Gently play with his toes and feet, tickling lightly. Add the "This Little Piggy Went to Market" rhyme, touching a different toe with each verse.

Activities for Children 48 - 60 Months Old

Play the "who, what, and where" game. Ask your child who works in a school, what is in a school, and where is the school. Expand on your child's answers by asking more questions. Ask about other topics, like the library, bus stop, or post office.	When you are setting the table for a meal, play the "what doesn't belong" game. Add a small toy or other object next to the plate and eating utensils. Ask your child if she can tell you what doesn't belong here. You can try this game any time of the day. For example, while brushing your child's hair, set out a brush, barrette, comb, and a ball.	Let your child help prepare a picnic. Show him what he can use for the picnic (bread, peanut butter, and apples). Lay out sandwich bags and a lunch box, basket, or large paper bag. Then go have fun on the picnic.	On a rainy day, pretend to open a shoe store. Use old shoes, paper, pencils, and a chair to sit down and try on shoes. You can be the customer. Encourage your child to "write" your order down. Then she can take a turn being the customer and practice trying on and buying shoes.	Play the "guess what will happen" game to encourage your child's problem-solving and thinking skills. For example, during bath time, ask your child, "What do you think will happen if I turn on the hot and cold water at the same time?" or "What would happen if I stacked the blocks to the top of the ceiling?"
Play "bucket hoops." Have your child stand about 6 feet away and throw a medium-size ball at a large bucket or trash can. For fun outdoors on a summer day, fill the bucket with water.	Write your child's name often. When your child finishes drawing a picture, be sure to put his name on it and say the letters as you write them. If your child is interested, encourage him to name and/or to copy the letters. Point out the letters in your child's name throughout the day on cereal boxes, sign boards, and books.	Invite your child to play a counting game. Using a large piece of paper, make a simple game board with a straight path. Use dice to determine the count. Count with your child, and encourage her to hop the game piece to each square, counting each time the piece touches down.	Make a person with playdough or clay using sticks, buttons, toothpicks, beads, and any other small items. Start with a playdough (or clay) head and body and use the objects for arms, legs, and eyes. Ask your child questions about his person.	Encourage your child to learn her full name, address, and telephone number. Make it into a singing or rhyming game for fun. Ask your child to repeat it back to you when you are riding in the car or on the bus.

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Have you seen these before?

I have seen them

I have not seen
them

I am not sure I
have seen them

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ASQ-3 Learning Activities

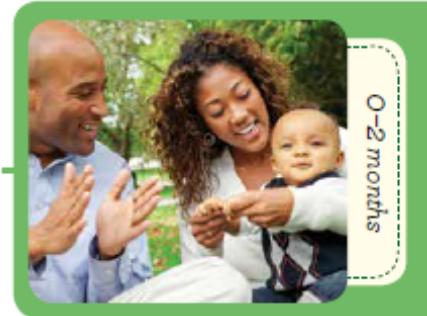
Communication

Activities to Help Your Baby Grow and Learn

Your newborn is already a communicator. He frets and cries if he needs you, and he may gurgle and coo when he's calm. Even wiggles and squirms are part of his communication. Your baby communicates with his eyes as he looks for yours. He seems to be saying, "You are my most important person." Soon your baby will capture your heart with a real smile!

Humming and Holding

Hold your baby close to the skin of your chest or neck. She loves the feel and smell of that wonderful body. As you walk or rock or simply rest, hum a little tune or lullaby. Baby will hear and feel your soft song.



Communication

Activities to Help Your Child Grow and Learn

Your child is learning new words every day, and he enjoys playing with language by rhyming words. He may use very silly language and laugh at his own jokes. He uses a lot of inflection (changes in his voice) when he describes events. He knows the difference between day and night, today and tomorrow. He can carry out three or more simple directions. He knows that printed letters and words mean something to others.

Putting on a Play

Create a story or a play with a few puppets. Have a conversation with them, taking turns asking and answering questions. Put on a puppet show of a familiar story or folktale. Talk about the characters, assign roles, and enjoy a wonderful play!

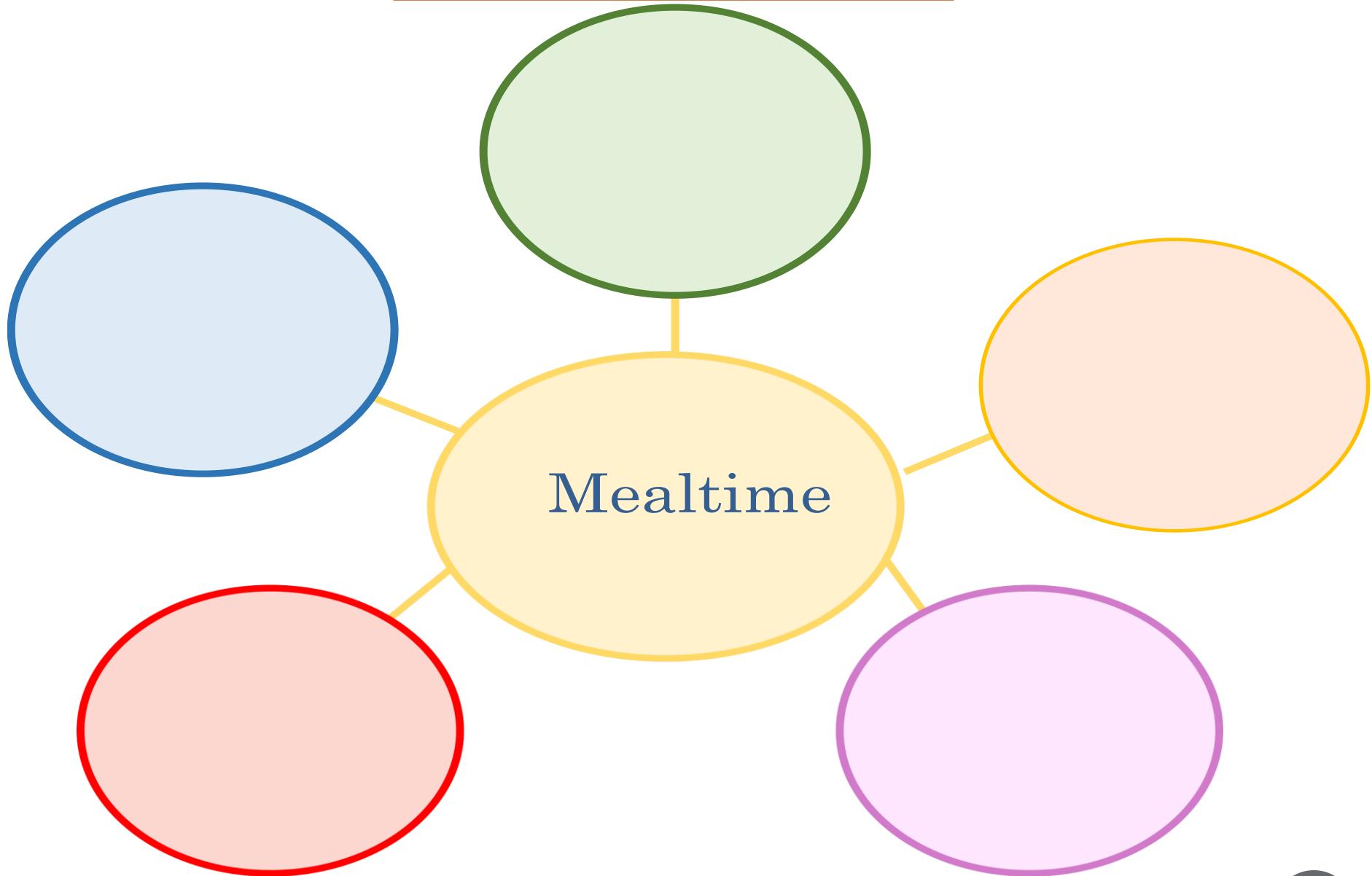


Developmental Parenting

Table 4.12 Strategies to use family activities as learning opportunities

Strategies	Examples
Ask about family activities and routines.	“What do you all enjoy doing with the baby?” “Tell me what happens in your child’s day?” “What things does your family do every day?”
Plan family activities for home visits.	“Could we do laundry on our next visit?” “We could do a ‘field trip’ to the grocery store.”
Ask how family activity time can be increased.	“When else could you do this activity?”
Suggest ways to make family routines fun.	“Maybe you could sing songs during bath time.”
Suggest ways to involve a child in helping during family routines.	“How could he help with his bath—could he put his bath toys in a basket or hang up a towel?:
Suggest funny changes in routines.	“Would he laugh if you put his socks on his hands?”

Activity Web





Activity Web

Gross Motor:

While cradling your baby while feeding him a bottle, switch sides to strengthen the neck and help prevent him from developing a head turn preference.

Personal Social:

Let your baby grasp your finger as she nurses. Tell her how strong she is. Softly touch her cheek, forehead, or tiny ears. Look her in the eyes and tell her how special she is.

Fine Motor:

Place safe items with different textures in the baby's grip such as a spoon or washcloth. Encourage older baby to touch your lips. Kiss his fingertips.

Mealtime

Birth - 6 Months

Communication:

When feeding infant, hold baby close to skin of your chest and gently hum a tune or sing a lullaby adding your baby's name.

Problem Solving:

Put a drop of mint or vanilla on a tissue or cotton ball. Gently wave these smells near baby. "MMM, it smells so good."



Activity Web

Personal Social:

Let your child help you bake cupcakes. He can sift, pour, and stir as much as he is able. Let him spread icing with a plastic knife. Talk about who the cupcake is for. Place it on a napkin and write that person's name on the napkin. Let your child share the special cupcakes.

Gross Motor:

Make an adventurous path to the table. Use a rope or string to make a "path" that goes under the table, around the chair, and along the wall. Walk our child through the path first, using these words. After she can do it, make a new path or have your child make a path.

Fine Motor:

Buy a few fresh peapods at the market. Show your child how to find the peas inside the shell. Give him a few in a plastic container to shell for himself. When he is finished, rinse off the peas and eat them. Yum!

Mealtime 36-48 Months

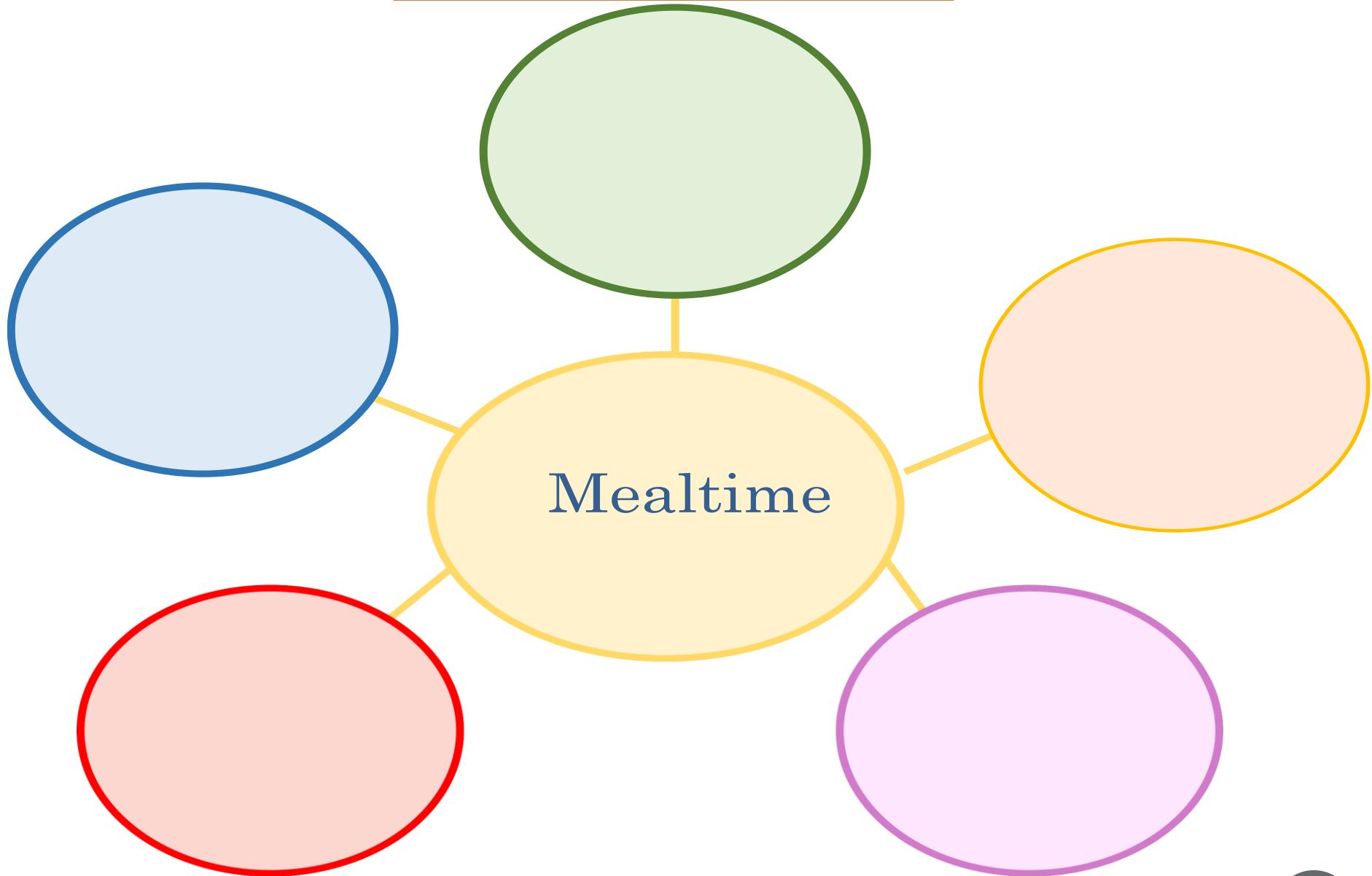
Communication:

A note by the plate at dinnertime can say that Dad will read a favorite story at bedtime. Read these notes to your child so that she learns reading is fun and important.

Problem Solving:

Play the "more or less" game with your child. Ask who has more potatoes and who has less. Try this using same-size glasses or cups, filled with milk or juice.

Activity Web





Next steps: Continue developing strategies together to support the home learning environments for children birth to 5 years old.

One Word that describes your take away from this session?

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