



# Creating a Baby-Friendly Environment and Community: An Emergent Curriculum Approach for 3-Year-Olds

## Introduction

This 5-week lesson plan is designed to foster an understanding and appreciation of babies and their needs among 3-year-old kindergarten students. Through a variety of activities, students will engage in a comprehensive learning experience that promotes cognitive, social, emotional, and physical development. The Emergent Curriculum approach allows for flexibility and responsiveness to the students' interests, ensuring a tailored learning experience.

## Lesson Plan Overview

**Subject Area:** Early Childhood Education

**Unit Title:** Creating a Baby-Friendly Environment and Community

**Grade Level:** Kindergarten (3-year-olds)

**Lesson Number:** 1 of 5

**Duration:** 5 weeks, 4 days per week, 4 activities per day



# Creating a Baby-Friendly Environment and Community: An Emergent Curriculum Approach for 3-Year-Olds

## Week 1: Introduction to Babies

### Day 1:

Activity 1: Story Time - Reading a book about babies and discussing what babies need to be happy and healthy.

Activity 2: Sensory Play - Washing baby dolls and learning about baby bath time.

Activity 3: Craft - Making baby blankets and discussing the importance of keeping babies warm.

Activity 4: Math - Counting baby toys and learning about numbers.

## Day 2-5 Activities

### Day 2:

Activity 1: Role-Play - Feeding baby dolls and learning about meal times.

Activity 2: Music and Movement - Singing songs about babies and moving like babies.

Activity 3: Science - Learning about baby animals and their needs.

Activity 4: Language - Talking about baby vocabulary and learning new words.

### Day 3:

Activity 1: Art - Drawing pictures of babies and families.

Activity 2: Sensory Play - Playing with playdough and making baby shapes.

Activity 3: Math - Measuring baby food and learning about quantities.

Activity 4: Social-Emotional - Discussing feelings and emotions related to babies.

### Day 4:

Activity 1: Story Time - Reading a book about baby animals and their families.

Activity 2: Dramatic Play - Creating a baby nursery and taking care of baby dolls.

Activity 3: Craft - Making baby cards and gifts for family members.

Activity 4: Review - Reviewing what we learned about babies and their needs.

### Day 5:

Activity 1: Outdoor Play - Playing with baby toys and equipment outside.

Activity 2: Music and Movement - Dancing like babies and having fun.

Activity 3: Science - Learning about baby development and growth.

Activity 4: Reflection - Reflecting on what we learned about babies and how we can apply it to our lives.



# Creating a Baby-Friendly Environment and Community: An Emergent Curriculum Approach for 3-Year-Olds

## Week 2: Baby Care and Development

### Day 1:

- Activity 1: Sensory Play - Changing baby diapers and learning about hygiene.
- Activity 2: Math - Counting baby blocks and learning about shapes.
- Activity 3: Language - Talking about baby development and milestones.
- Activity 4: Social-Emotional - Discussing feelings and emotions related to baby care.

## Day 2-5 Activities

### Day 2:

- Activity 1: Role-Play - Bathing baby dolls and learning about water safety.
- Activity 2: Art - Drawing pictures of baby development stages.
- Activity 3: Science - Learning about baby senses and how they develop.
- Activity 4: Review - Reviewing what we learned about baby care and development.

### Day 3:

- Activity 1: Story Time - Reading a book about baby development and growth.
- Activity 2: Dramatic Play - Creating a baby doctor's office and taking care of baby dolls.
- Activity 3: Math - Measuring baby height and weight and learning about growth charts.
- Activity 4: Language - Talking about baby vocabulary and learning new words.

### Day 4:

- Activity 1: Sensory Play - Playing with baby toys and equipment and learning about textures.
- Activity 2: Music and Movement - Singing songs about baby development and moving like babies.
- Activity 3: Science - Learning about baby health and hygiene.
- Activity 4: Reflection - Reflecting on what we learned about baby care and development.

### Day 5:

- Activity 1: Outdoor Play - Playing with baby toys and equipment outside and learning about safety.
- Activity 2: Art - Making baby art and learning about creativity.
- Activity 3: Social-Emotional - Discussing feelings and emotions related to baby development.
- Activity 4: Review - Reviewing what we learned about baby care and development.



# Creating a Baby-Friendly Environment and Community: An Emergent Curriculum Approach for 3-Year-Olds

## Week 3: Baby Community and Family

### Day 1:

Activity 1: Story Time - Reading a book about baby families and communities.

Activity 2: Role-Play - Creating a baby community and taking care of baby dolls.

Activity 3: Math - Counting baby families and learning about numbers.

Activity 4: Language - Talking about baby vocabulary and learning new words.

## Day 2-5 Activities

### Day 2:

Activity 1: Sensory Play - Playing with baby dolls and learning about family relationships.

Activity 2: Art - Drawing pictures of baby families and communities.

Activity 3: Science - Learning about baby animals and their families.

Activity 4: Social-Emotional - Discussing feelings and emotions related to baby families.

### Day 3:

Activity 1: Dramatic Play - Creating a baby store and buying baby supplies.

Activity 2: Math - Measuring baby food and learning about quantities.

Activity 3: Language - Talking about baby vocabulary and learning new words.

Activity 4: Review - Reviewing what we learned about baby community and family.

### Day 4:

Activity 1: Story Time - Reading a book about baby communities and families.

Activity 2: Sensory Play - Playing with baby toys and equipment and learning about textures.

Activity 3: Science - Learning about baby development and growth.

Activity 4: Reflection - Reflecting on what we learned about baby community and family.

### Day 5:

Activity 1: Outdoor Play - Playing with baby toys and equipment outside and learning about safety.

Activity 2: Art - Making baby art and learning about creativity.

Activity 3: Social-Emotional - Discussing feelings and emotions related to baby community and family.

Activity 4: Review - Reviewing what we learned about baby community and family.



# Creating a Baby-Friendly Environment and Community: An Emergent Curriculum Approach for 3-Year-Olds

## Week 4: Baby Safety and Health

### Day 1:

Activity 1: Story Time - Reading a book about baby safety and health.

Activity 2: Role-Play - Creating a baby safety scenario and taking care of baby dolls.

Activity 3: Math - Counting baby safety items and learning about numbers.

Activity 4: Language - Talking about baby vocabulary and learning new words.

## Day 2-5 Activities

### Day 2:

Activity 1: Sensory Play - Playing with baby safety equipment and learning about safety rules.

Activity 2: Art - Drawing pictures of baby safety signs and symbols.

Activity 3: Science - Learning about baby health and hygiene.

Activity 4: Social-Emotional - Discussing feelings and emotions related to baby safety and health.

### Day 3:

Activity 1: Dramatic Play - Creating a baby hospital and taking care of baby dolls.

Activity 2: Math - Measuring baby medicine and learning about quantities.

Activity 3: Language - Talking about baby vocabulary and learning new words.

Activity 4: Review - Reviewing what we learned about baby safety and health.

### Day 4:

Activity 1: Story Time - Reading a book about baby safety and health.

Activity 2: Sensory Play - Playing with baby toys and equipment and learning about safety rules.

Activity 3: Science - Learning about baby development and growth.

Activity 4: Reflection - Reflecting on what we learned about baby safety and health.

### Day 5:

Activity 1: Outdoor Play - Playing with baby toys and equipment outside and learning about safety.

Activity 2: Art - Making baby safety signs and symbols.

Activity 3: Social-Emotional - Discussing feelings and emotions related to baby safety and health.

Activity 4: Review - Reviewing what we learned about baby safety and health.



# Creating a Baby-Friendly Environment and Community: An Emergent Curriculum Approach for 3-Year-Olds

## Week 5: Baby Celebration and Review

### Day 1:

Activity 1: Story Time - Reading a book about baby celebration and review.

Activity 2: Role-Play - Creating a baby party and celebrating baby milestones.

Activity 3: Math - Counting baby party items and learning about numbers.

Activity 4: Language - Talking about baby vocabulary and learning new words.

## Day 2-5 Activities

### Day 2:

Activity 1: Sensory Play - Playing with baby party toys and equipment and learning about textures.

Activity 2: Art - Drawing pictures of baby celebration and review.

Activity 3: Science - Learning about baby development and growth.

Activity 4: Social-Emotional - Discussing feelings and emotions related to baby celebration and review.

### Day 3:

Activity 1: Dramatic Play - Creating a baby review scenario and taking care of baby dolls.

Activity 2: Math - Measuring baby review items and learning about quantities.

Activity 3: Language - Talking about baby vocabulary and learning new words.

Activity 4: Review - Reviewing what we learned about babies and their needs.

### Day 4:

Activity 1: Story Time - Reading a book about baby review and celebration.

Activity 2: Sensory Play - Playing with baby toys and equipment and learning about safety rules.

Activity 3: Science - Learning about baby health and hygiene.

Activity 4: Reflection - Reflecting on what we learned about babies and their needs.

### Day 5:

Activity 1: Outdoor Play - Playing with baby toys and equipment outside and learning about safety.

Activity 2: Art - Making baby review and celebration art.

Activity 3: Social-Emotional - Discussing feelings and emotions related to baby review and celebration.

Activity 4: Review - Reviewing what we learned about babies and their needs.



# Creating a Baby-Friendly Environment and Community: An Emergent Curriculum Approach for 3-Year-Olds

## Assessment and Evaluation

Formative assessments will be used to check students' understanding throughout the lesson. Summative assessments will be used to evaluate students' understanding and skills acquired throughout the program. Students will be assessed on their ability to demonstrate understanding of baby care and development, as well as their social, emotional, and cognitive development.

## Conclusion

This 5-week lesson plan provides a comprehensive and engaging approach to teaching 3-year-old kindergarten students about babies. By incorporating a variety of activities, including stories, sensory play, crafts, and math exercises, students will develop essential skills and knowledge about baby care and development. The Emergent Curriculum approach allows for flexibility and responsiveness to students' interests, ensuring a tailored learning experience. By the end of the 5-week program, students will have gained a thorough understanding of baby care and development, as well as the importance of creating a supportive and inclusive community.

## Creating a Baby-Friendly Environment

Creating a baby-friendly environment is crucial for the development and well-being of babies. This environment should be safe, nurturing, and stimulating, providing babies with the opportunity to explore and learn. Some key considerations for creating a baby-friendly environment include ensuring the space is free from hazards, providing adequate lighting and ventilation, and incorporating sensory-rich materials and textures.

### Example: Baby-Friendly Room Setup

Setting up a baby-friendly room involves careful consideration of the layout and the materials used. For instance, placing a baby's crib away from windows and doors can help reduce distractions and ensure the baby's safety. Additionally, using soft, pastel-colored walls and flooring can create a calming atmosphere, while mobiles and other hanging toys can provide visual stimulation.

## Baby Developmental Stages

Understanding baby developmental stages is essential for providing appropriate care and support. From birth to 12 months, babies go through significant physical, cognitive, and emotional changes. For example, at 3 months, babies begin to smile and show interest in toys, while at 6 months, they start to sit up and show curiosity about their surroundings. Recognizing these milestones helps caregivers tailor their interactions and activities to meet the baby's evolving needs.

### Case Study: Supporting Developmental Milestones

A case study on supporting developmental milestones in babies highlights the importance of responsive caregiving. For instance, a caregiver who notices a baby's attempt to reach for a toy can place the toy slightly out of reach, encouraging the baby to stretch and develop their motor skills. Such interactions not only support physical development but also foster a sense of accomplishment and curiosity in the baby.

## Nutrition and Feeding

Nutrition plays a vital role in baby development, with breast milk or formula being the primary source of nutrition for the first year. As babies grow, introducing solid foods at around 6 months can provide essential nutrients for development. It's crucial to introduce foods one at a time and in small amounts to monitor for any signs of allergy or intolerance. Creating a feeding schedule and maintaining a calm feeding environment can also support healthy eating habits from an early age.

### Tips for Healthy Feeding

- Start with single-ingredient foods to monitor for allergies.
- Use breast milk or formula as the primary source of nutrition until 12 months.
- Introduce solid foods at around 6 months, starting with iron-rich foods.
- Maintain a calm and interactive feeding environment.

## Baby Safety and Hygiene

Ensuring baby safety and hygiene is critical for preventing illnesses and injuries. This includes practices such as regular handwashing, proper disposal of soiled diapers, and creating a safe sleep environment. Additionally, baby-proofing the home by securing heavy furniture, covering electrical outlets, and removing hazardous materials can significantly reduce the risk of accidents.

### Example: Baby-Proofing the Home

Baby-proofing the home involves a thorough assessment of potential hazards. For instance, installing safety gates at the top and bottom of stairs can prevent falls, while securing cabinets and drawers with safety latches



can prevent access to harmful substances. Regularly inspecting the home environment and making adjustments as the baby grows and becomes more mobile is essential for maintaining a safe space.

## Community and Support

Building a supportive community around the baby and their caregivers is vital for emotional well-being and development. This can include family members, friends, and professional support services. Engaging in community activities, such as parenting groups or baby classes, can provide opportunities for socialization and learning, helping caregivers feel less isolated and more supported in their role.

## Case Study: The Impact of Community Support

A study on the impact of community support on new parents found that those who were part of a supportive community reported lower levels of stress and higher levels of satisfaction with their parenting experience. The community provided a platform for sharing experiences, seeking advice, and forming meaningful relationships, which in turn supported the emotional and psychological well-being of both the parents and the baby.

## Conclusion and Future Directions

In conclusion, creating a baby-friendly environment and community that supports the holistic development of babies is a multifaceted endeavor. It involves understanding baby developmental stages, providing appropriate nutrition, ensuring safety and hygiene, and building a supportive community. As research and understanding of baby development evolve, it's essential to stay updated on the best practices and to continually assess and improve the care and support provided to babies and their families.

### Future Directions

- Continued research into baby development and care practices.
- Development of community programs to support new parents.
- Integration of technology to enhance baby care and education.
- Global initiatives to improve access to baby-friendly environments and resources.



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### Day 4:

- Activity 1: Sensory Play - Playing with baby toys and equipment and learning about textures.
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## Week 3: Baby Community and Family

### Day 1:

Activity 1: Story Time - Reading a book about baby families and communities.

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## Day 2-5 Activities

### Day 2:

Activity 1: Sensory Play - Playing with baby dolls and learning about family relationships.

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Activity 4: Review - Reviewing what we learned about baby community and family.

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## Week 4: Baby Safety and Health

### Day 1:

Activity 1: Story Time - Reading a book about baby safety and health.

Activity 2: Role-Play - Creating a baby safety scenario and taking care of baby dolls.

Activity 3: Math - Counting baby safety items and learning about numbers.

Activity 4: Language - Talking about baby vocabulary and learning new words.

## Day 2-5 Activities

### Day 2:

Activity 1: Sensory Play - Playing with baby safety equipment and learning about safety rules.

Activity 2: Art - Drawing pictures of baby safety signs and symbols.

Activity 3: Science - Learning about baby health and hygiene.

Activity 4: Social-Emotional - Discussing feelings and emotions related to baby safety and health.

### Day 3:

Activity 1: Dramatic Play - Creating a baby hospital and taking care of baby dolls.

Activity 2: Math - Measuring baby medicine and learning about quantities.

Activity 3: Language - Talking about baby vocabulary and learning new words.

Activity 4: Review - Reviewing what we learned about baby safety and health.

### Day 4:

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### Day 5:

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## Week 5: Baby Celebration and Review

### Day 1:

Activity 1: Story Time - Reading a book about baby celebration and review.

Activity 2: Role-Play - Creating a baby party and celebrating baby milestones.

Activity 3: Math - Counting baby party items and learning about numbers.

Activity 4: Language - Talking about baby vocabulary and learning new words.

## Day 2-5 Activities

### Day 2:

Activity 1: Sensory Play - Playing with baby party toys and equipment and learning about textures.

Activity 2: Art - Drawing pictures of baby celebration and review.

Activity 3: Science - Learning about baby development and growth.

Activity 4: Social-Emotional - Discussing feelings and emotions related to baby celebration and review.

### Day 3:

Activity 1: Dramatic Play - Creating a baby review scenario and taking care of baby dolls.

Activity 2: Math - Measuring baby review items and learning about quantities.

Activity 3: Language - Talking about baby vocabulary and learning new words.

Activity 4: Review - Reviewing what we learned about babies and their needs.

### Day 4:

Activity 1: Story Time - Reading a book about baby review and celebration.

Activity 2: Sensory Play - Playing with baby toys and equipment and learning about safety rules.

Activity 3: Science - Learning about baby health and hygiene.

Activity 4: Reflection - Reflecting on what we learned about babies and their needs.

### Day 5:

Activity 1: Outdoor Play - Playing with baby toys and equipment outside and learning about safety.

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Activity 3: Social-Emotional - Discussing feelings and emotions related to baby review and celebration.

Activity 4: Review - Reviewing what we learned about babies and their needs.



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## Assessment and Evaluation

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