

# Guía Semanal ~ Weekly Resource Guide

week 11, day 1

## Animales de la granja



### **Consejos Para Padres ~ Parenting Tips**

From birth, babies learn about the world and their surroundings with the support of loving parents and caregivers. When we respond to our baby's cry, moan, or other sounds, we are building our bond, or attachment, with our child. A strong sense of attachment in early childhood has been linked to stronger emotional outcomes and better relationships in adulthood. It's a good thing for your child to want to be with you! And it can be challenging when we want or need to take some time without our baby. The stress, commonly known as separation anxiety, can be difficult to manage for both adults and children.

There are several things you can do to help your child with separation anxiety. It may seem tempting to sneak away when your child is distracted, but DON'T do it! Tell your baby that you will be leaving and that you feel sad. Remind your baby that it's okay to be sad and it's okay to cry. Tell your child

about what they will do when you are away and tell your child that you know she is safe. You can say, “Mommy always comes back.” Most importantly, you need to believe that your child will be safe. If you don’t fully believe it’s okay for you to leave and for your child to be left alone with someone, your child will know! So say it and believe it. Read through this [article](#) for more ideas on managing separation anxiety.

## Actividades para intentar en la casa ~ Activities to try at home

### Bañando Animales

<ul style="list-style-type: none"> <li>● Contenedores con agua</li> <li>● Esponjas</li> <li>● Animales</li> <li>● Brochas</li> <li>● Pintura</li> <li>● Charolas</li> </ul>	<p>Poner en las charolas los animales y pintura. A un lado el contenedor con agua y la esponja. Los niños pueden pintar los animales y luego bañarlos en el contenedor con agua. Pueden pretender que los animales se fueron a pasear y se ensuciaron. Afortunadamente hay agua donde se pueden limpiar.</p>
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### Canciones Para Cantar ~ Songs to Sing

<p><a href="#">La vaca Lola</a></p> <p>La vaca Lola, la vaca Lola          Tiene cabeza y tiene cola          La vaca Lola, la vaca Lola          Tiene cabeza y hace muuuuu y hace muu</p>	<p><a href="#">Vengan a ver mi granja</a></p> <p>Vengan a ver mi granja vengan todos,          Vengan a ver mi granja que es hermosa,          Y, el perro hace así: guau, guau, guau          Y, el perro hace así: guau, guau, guau.</p> <p>Vengan a ver mi granja vengan todos,          Vengan a ver mi granja que es hermosa,          Y, la vaca hace así: muu          Y, la vaca hace así: muu.</p> <p>Vengan a ver mi granja vengan todos,          Vengan a ver mi granja que es hermosa,          Y, el gallo hace así: quiquiriquí          Y, el gallo hace así: quiquiriquí.</p> <p>Vengan a ver mi granja vengan todos,          Vengan a ver mi granja que es hermosa,          Y, la oveja hace así: mee          Y, la oveja hace así: mee.</p>
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