A is for All the Things You Are was written to affirm our children and empower them to see themselves as many things at once – daring and loving, creative and just, amazing and zany – and everything in between. The book offers wonderful opportunities for conversations with children to build their vocabularies, strengthen their sense of self and deepen their joy in and acceptance of human diversity. The illustrations allow them to see not only themselves but others in the same positive light as well. By seeing positive images of children of different colors, genders, abilities, classes, and other social identities, we nurture the child’s comfort and joy in human diversity so deep caring connections can be made across humanity.

Each activity booklet offers suggestions of how to begin the lifelong work of having a positive sense of self and others with your infant or toddler, how to support their language development and how to build the foundations of literacy.
C is for Creative:

You can express yourself in many ways:
Dance! Sing! Paint! Clap your hands! Tell a story!

What is your favorite way to be creative?

Babies and toddlers are creative in everything they do. Everything in their world is new and calls on them to engage, consider and experiment with no prescribed idea of how things will turn out. Many of us were taught that only some people are creative but creativity is a basic human response to our environments. Creativity is the act of doing something directed by an inner drive for the sheer joy of exploring and coming to an understanding.

For our tiny ones, being creative means being fascinated by their own minds and bodies. They learn they can make lots of mistakes and figure things out over and over again and that they can do it! Once is never enough. Each attempt is the triumph of wanting to learn over feeling like a failure. We support our baby’s and toddler’s creative drives when we observe and use our words to describe rather than praise or criticize. No two children express their creativity in the same way – and it is part of their gift to adults to watch them joyfully play.

What You’ll Need:

The following supplies are suggested for the activities in this booklet.
- Blank paper
- Crayons
- Small household items made of fabric or scraps of fabric
- Markers or bingo dot markers (optional)
EXPLORE

In early childhood, children learn best through doing! To explore this week’s theme, try the experience below with your infant.

Supporting Creative Play

**Designed for:** Infants

**What you'll need:** Small household items made of fabric (washcloths, dish towels, pillowcases, scarves, t-shirts or socks)

When infants use familiar objects in new or unexpected ways, they begin building their personal sense of creativity. A bowl may typically be used during meals but in the moment that your baby turns it into headwear or an instrument, they are practicing creative thinking and expression. As a baby watches you put a sock on your hand as a puppet rather than putting it on your foot as usual, they are not only delighted by this but they are also developing an understanding that a single object is full of so many possibilities. Their brain grows in its ability to be imaginative and creative in the way it chooses to consider the world.

**Facilitate a quilt-inspired play experience with your baby!**

Quilts made with scraps of material are a beautiful example of the way something can be used in unexpected ways. Gather small items like washcloths, t-shirts and socks from around your home that vary in texture, color and patterns. Lay them out around your baby as they sit or lay on their tummy. Consider arranging the materials in a quilt-like style - overlapping them to make patterns or shapes. Watch how your little one engages with the materials in this new way. What colors and textures do they gravitate towards? As they interact with this unique “quilt,” talk to them about textures, scents, colors and even the items’ typical uses and describe what you observe them doing.

**Tip:**

Before tossing or donating old clothing, consider cutting the fabric into squares and placing them in a plastic bin or on a cookie tray to create a sensory play opportunity for your baby.
EXPLORE

Explore this week’s theme with your toddler by trying this engaging experience inspired by our museum collection.

Creative Dot Art

**Designed for:** Toddlers

**What you’ll need:** Blank paper, Crayons, Markers or bingo dot markers (optional)

**Invite creative experimentation and exploration.**
To cultivate your child’s creativity, provide opportunities to create freely without restrictive lines, templates or directions. Oftentimes, we focus on teaching children the “right way” to create art. While it’s important that a child learns a material or tool’s intended purpose, it’s also important to encourage a child’s natural creative expression. We can do this by providing simple materials and allowing a child to explore and experiment as they desire. If you’d like to provide them with inspiration, do so by playing a song, showing them a photo or painting, or surround them with visually interesting objects.

This week, show your toddler McArthur Binion’s *Rutabaga: In The Sky* and talk about what you see. Artist McArthur Binion creates much of his art with a unique tool: crayons! By pressing crayons and oil sticks against surfaces like aluminum or wood, he creates colorful, textured abstract works featuring shapes like ovals and rectangles.

Next, provide your little one with a blank piece of paper and a few thick crayons and see what they create! Model how they can move the crayons (and markers or dot markers) to create dots or marks similar to the ones McArthur Binion makes but ultimately, honor and celebrate the way they choose to use them.
EXPLORE MORE

Continue learning with your little one using these recommended resources:

Books

Support your child's early artistic expression by reading books, like the ones below, to boost their interest in and love of all colors.

**See, Touch, Feel: Create**
by Priddy Books

**What a Wonderful World**
by George Weiss and Bob Thiele, illustrated by Ashley Bryan

**Edible Colors: See. Learn. Eat.**
by Jennifer Vogel Bass

**De Colores: In All Colors**
adapted by Elodie Pope, illustrated by Laura Zarrin, translated by Marta Nunez

Tip:
Use your favorite search engine to find read-aloud videos online!

Online Resources

Read about the many ways to support the early development of your little one's creativity from leading early childhood organizations.

- [Early Art: What It Means and How to Encourage It](#) - PBS Kids
- [Learning To Write and Draw](#) - Zero To Three
- [Supporting the Development of Creativity](#) - NAEYC
Why do these experiences matter?

A child’s identity is both internally constructed and externally imposed. They learn who they are and how they are valued from the words and actions of others and from the way they do or don’t make sense of those messages. Their beloved adults (that’s you!) are the most important people in their world. The words you give a child to describe themselves and others have lasting power in their lives. When a child has the words to think about their strengths and their worth, they can sort through negative messages and hold on to their sense of being loveable and capable. The experiences in this booklet are invitations for you to use objects, activities and words to support your child’s positive identity development, their fascination with how people are both different and the same, and their ability to read emotions and build empathy. In time, experiences like these will also support your child’s ability to recognize unfairness or unkindness and to stand up for themselves and others.

What about supporting language development and getting ready to read?

Alphabets, in and of themselves, are not particularly interesting to young children. However, learning letter-filled words to describe the world around them and inside of them (their feelings, experiences and senses) are very interesting to children! Discovering new words, new ways to say things and new ways to think is exciting and essential to a child’s literacy and identity development.

In the first three years of life, early language and literacy skills are best learned through everyday moments. The experiences in these booklets invite you to boost your child’s literacy through talking, playing and creating together in fun and accessible ways. Some experiences will guide you in helping your infant or toddler “name the universe” with descriptive words for the actions and emotions of themselves and others. Other experiences will encourage you to point out written words and look closely at objects to provide your little one with the beginning connections between the real world, reading and talking.

Every child’s path to literacy is different and valid - just like their identity. The experiences in these booklets aim to support you and your child along their unique journey to literacy and a positive sense of self. Remember to have fun along the way!

Credits

Objects


Program Photo

Doug Sanford, National Museum of African American History and Culture, 2019

Original Artwork

- Bluebird (cover, page 4); © 2018 Art by Keturah Ariel LLC