

Agency Information

Find the nearest public library and storytime:



www.bcpl.org
859.342.2665

What resources are there in the county to help my child develop and be ready for school?



www.readysetsuccess.org
859.534.5810

Looking for child care options?



www.4cforchildren.org
859.781.3511

Learn about Kentucky's voluntary, four-star quality-rating system for child care programs:



chfs.ky.gov/dcbs/dcc/stars/
1.800.421.1903

Need help paying for child care?



childcarecouncilofky.com
1.800.809.7076

Where can I find information about mental health services?



www.northkey.org
877.331.3292

Agency Information

I'm a first time parent with a child under 3 months of age:



www.brightoncenter.com/programs/ece/every-child-succeeds
513.636.3830

Is there a program that will teach me how to prepare my 3-4 year old child for school?



www.brightoncenter.com/programs/ece/hippy
859.491.8303 x 2012

My birth-3 year old may have a developmental delay:



chfs.ky.gov/dph/firststeps
877.417.8377

My child is medically fragile and cannot attend a typical daycare:



www.thekidzclub.com
859.727.0700

I need help supporting myself and my family:



BRIGHTON CENTER
A COMMUNITY OF SUPPORT

www.brightoncenter.com
859.491.8303 x 2602



BOONE COUNTY
Community Early Childhood Council
KENTUCKY GOVERNOR'S OFFICE OF EARLY CHILDHOOD



BOONE COUNTY
Community Early Childhood Council
KENTUCKY GOVERNOR'S OFFICE OF EARLY CHILDHOOD

EARLY LEARNING CALENDAR

This Early Learning Calendar was developed by the Boone County Community Early Childhood Council (BC-CECC). It is filled with a year's worth of tips and activities to help you prepare your 3 or 4 year old for success in school and beyond.

Agency Information

Find the nearest public library and storytime:



www.bcpl.org
859.342.2665

What resources are there in the county to help my child develop and be ready for school?



www.readysetsuccess.org
859.534.5810

Looking for child care options?



www.4cforchildren.org
859.781.3511

Learn about Kentucky's voluntary, four-star quality-rating system for child care programs:



chfs.ky.gov/dcbs/dcc/stars/
1.800.421.1903

Need help paying for child care?



childcarecouncilofky.com
1.800.809.7076

Where can I find information about mental health services?



www.northkey.org
877.331.3292

Agency Information

I'm a first time parent with a child under 3 months of age:



www.brightoncenter.com/programs/ece/every-child-succeeds
513.636.3830

Is there a program that will teach me how to prepare my 3-4 year old child for school?



www.brightoncenter.com/programs/ece/hippy
859.491.8303 x 2012

My birth-3 year old may have a developmental delay:



chfs.ky.gov/dph/firststeps
877.417.8377

My child is medically fragile and cannot attend a typical daycare:



www.thekidzclub.com
859.727.0700

I need help supporting myself and my family:



BRIGHTON CENTER
A COMMUNITY OF SUPPORT

www.brightoncenter.com
859.491.8303 x 2602



BOONE COUNTY
Community Early Childhood Council
KENTUCKY GOVERNOR'S OFFICE OF EARLY CHILDHOOD



BOONE COUNTY
Community Early Childhood Council
KENTUCKY GOVERNOR'S OFFICE OF EARLY CHILDHOOD

EARLY LEARNING CALENDAR

This Early Learning Calendar was developed by the Boone County Community Early Childhood Council (BC-CECC). It is filled with a year's worth of tips and activities to help you prepare your 3 or 4 year old for success in school and beyond.

January

Children are great imitators. If they see you reading, they will want to do the same.	When talking with your child, ask why, when and where questions.	Let your child select a container for storing drawing and writing materials. Help decorate and label it.	Teach your child a simple line dance. Try the cupid shuffle! You can find instruction videos on YouTube.	At the grocery store, count the different colors of apples. Which apple is the biggest? Smallest?	What is your morning routine? Create a visual chart with your preschooler.	Talk about the weather.
Opportunities to participate in the arts can help children build relationships with others.	Restate what your child says if it does not make sense. If your child says, "He be nice," you might say, "You think Lucas is nice?"	Look at art books together and talk about the pictures.	Encourage your child to snap, button, and zipper clothes. Provide assistance when needed.	How many different ways can you sort buttons with your child? (size, color, etc.)	Discuss your house rules.	Examine the sky at night. What can you see?
Preschoolers need adult help in establishing healthy routines like brushing their teeth 2 times a day and hand washing.	Attend a storytime at your local library.	Pretend with your child and play different roles.	Play "Simon Says" to reinforce following directions.	Look for 3-dimensional objects at the grocery store. "I see orange spheres (oranges)."	Help your child learn his/her full name and age.	Compare the taste of sweet, sour, and salty foods.
Math activities help children make sense of their world and help build a foundation for later learning.	Point out letters and words on signs, packaging, coupons, etc.	Comment on your child's art. Be sure to let your child know his/her creations are special!	Play Simon Says.	Have your child help set the table for meals.	Discuss community rules (stop signs, lines, etc.)	Talk about winter and have your child draw a picture of a winter scene.
Children need to feel self-confident. Help your child begin and complete a task on his/her own.	Point out lines, curves, and angles seen in shapes and letters.	Sing along and dance with your child. Describe the music.	Make paper snowflakes by folding and cutting scrap paper. Let your child practice using scissors and cutting shapes.	Make a snowman and ask your child to measure its height. How many hands tall is it?	Discuss what makes your child feel safe.	Make butter. Fill a jar halfway with heavy cream, put the cover on, and shake!



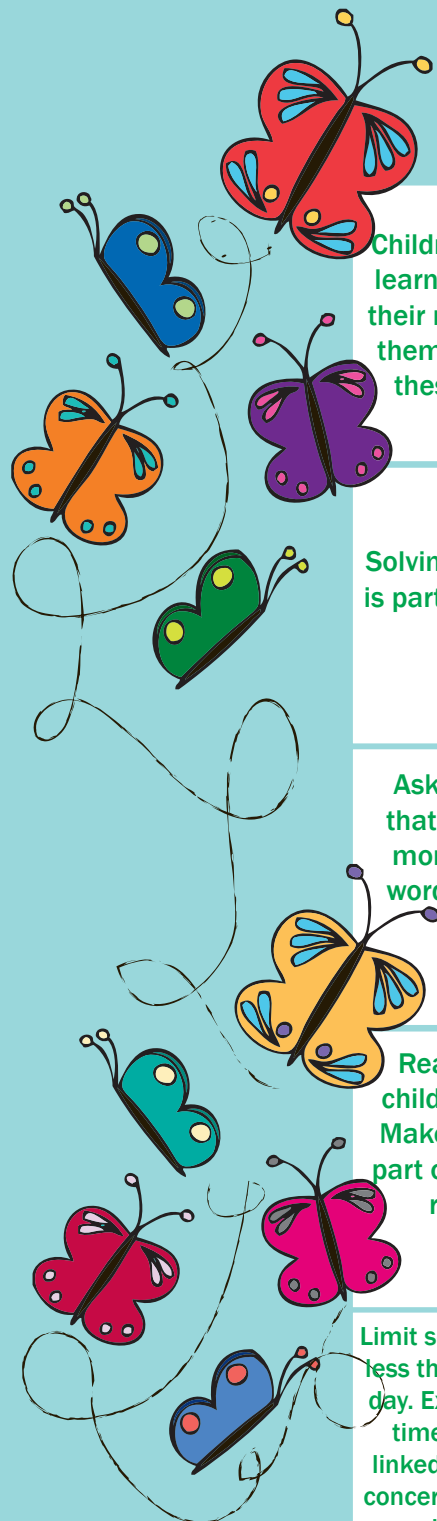
February

xoxo

Kids who are curious will take initiative to learn.	Sing a book to a familiar tune.	Make up a song about groundhogs.	Sing the ABCs while you wash your hands. It takes 15-20 seconds of scrubbing to wash the germs away.	As you walk up or down the stairs, count each step with your child.	Who do you have relationships with in the community? Who helps you feel safe?	Read an information book about weather.
Children who can hear and play with the smaller sounds in words will have an easier time learning to read.	Read a wordless picture book. Ask your child to describe what is happening in the pictures.	Make a batch of red play dough and make pretend heart cookies.	Sing and do the motions for "Head, Shoulders, Knees and Toes."	Trace shapes in the snow. Can your child copy your shapes?	Invite a friend over and make cookies.	Collect some snow. Think about ways to keep it from melting.
Permitting children to experiment with different art materials allows them to take initiative in their planning.	Have your child tell you a favorite story.	Let your child cover a piece of paper with glue, then sprinkle on confetti for a quick collage.	Let your child thread uncooked spaghetti through Cheerios.	Note the size of objects with your child. Mom's sock is bigger than your sock.	Invite a friend over and play preschool board games. Talk about taking turns.	Predict what will sink and float in the bathtub.
Children ages 3-5 need 10-12 hours of sleep for optimal health. Support your child with a regular bedtime routine.	Scribbling is the first form of writing. Allow your child to "write" a note.	When the days are cold, freeze water in outside containers to make ice sculptures.	Help your child make a healthy breakfast.	How many steps is it from the door to the sidewalk? What other fun ways can you measure?	Discuss feelings.	Play with magnets. Will a magnet pick up a pencil/paperclip? Why/why not?
Learning about shapes and how they are positioned is an early geometry skill.	Many stories have a problem and a solution. Help your child identify the problem in a story. Discuss how it was solved.	Be dramatic. Have your child dress in his/her favorite color or costume.	Play hopscotch. This simple game helps children learn numbers, tossing with control, and coordination.	Point out numbers in the environment (speed limit signs, clocks, etc.).	Go on a family walk and collect interesting objects.	Go outside. Close your eyes. What sounds do you hear?

xoxo

March



Children need to learn to express their needs. Help them articulate these needs.

Ask your child to help you write a grocery list. He/she can draw pictures of the items.

Listen to a wide variety of music with your child, including jazz, country and classical.

Tape a large sheet of paper underneath a table. Let your child draw a picture while lying down.

Point out shapes on car rides. Can you find a rectangle, a circle, a sphere, and a diamond?

At dinner, discuss your favorite thing about the day and why it was special.

Talk about spring and have your child draw a picture of a spring scene.

Solving problems is part of science.

Use sidewalk chalk to draw and label pictures with your child.

Make a shamrock from three green heart shapes.

Cut a healthy food into fun shapes with cookie cutters.

Let your child help sort. He/she can sort coins by size or type, and socks by color.

Make a casserole to share with a neighbor.

Play with a pinwheel.

Ask questions that encourage more than a 2 word response.

Successful beginning readers have a good knowledge of the alphabet, know letter names, and understand that letters represent sounds.

Let your child finger paint with green paint.

Lay a scarf on the floor. Help your child walk on the scarf in a straight line. Pretend the scarf is a creek and hop over the creek.

Count the grapes or goldfish in your child's snack.

Let your child play dress-up using your clothes.

Let your child arrange photos of him/herself from youngest to oldest. Talk about the changes.

Read to your child every day. Make reading a part of your daily routine.

Movement activities help children control their bodies and learn about personal space.

Encourage your child to put on a play or puppet show.

Use a "wand" or flashlight to draw shapes or letters in the air.

Serve an apple or an orange for snack today. Slice it into halves then quarters. Talk about the whole and the parts that make up the whole.

Attend a storytime at your library and meet a new friend.

Place a clear glass outside in the rain. Help your child measure how much rain has fallen in a 30 minute period.

Limit screen time to less than 2 hours a day. Excess screen time has been linked to behavior concerns and lower academic skills.

Make lists of words that have the same beginning sounds (pig, pan, etc.).

Provide your child with a variety of art materials and space to engage in "messy art."

Make a salad together.

Use spatial words like over, under, inside, outside, above and below.

Make up a song for clean-up time.

Go on a "touch walk"; touch something smooth, rough, etc.

April

Sorting and classifying objects and playing with patterns helps children recognize relationships which is important for learning algebra.

Cut the front and backs off cereal or snack boxes. Mix them up and encourage your child to match the pieces.

Have fun on those windy days. Make and decorate a paper kite.

Help your child learn to skip. Step, hop, step, hop.

Help your child create patterns using household objects like forks and spoons (fork, spoon, fork, spoon).

Create and decorate a bin for your preschooler's favorite toys.

Draw a rainbow with red, orange, yellow, green, blue, and purple stripes.

Friends are important to preschoolers. Provide time and opportunities to be together with children their own age.

Make up silly rhymes using real and nonsense words.

Explore color. Dye eggs and discuss the colors.

Attach ribbons to bracelets. Have your child wear the bracelets and use his/her arms to make big circles and other movements.

Teach your child this rhyme: 1, 2 buckle my shoe, 3, 4 open the door, 5, 6, pick up sticks, 7, 8 lay them straight, 9, 10 big fat hen.

Make a book of "favorites" for the family.

Make mud. Mix water and soil.

Exploring how things work help children think like scientists.

Have your child read a story with a friend.

Make a bunny out of cotton balls.

Keep a pitcher of water in the fridge. Add sliced fruit for a naturally sweet flavor.

Provide opportunities for comparison. Who has more milk in their glass?

Name something you like and something you don't like and explain why.

Read an information book about caring for a pet.

Tell your child a story. Ask him or her to tell it back to you.

Picture books introduce children to more new words than a typical conversation. The more you read to your child, the larger his/her vocabulary will be.

Make up a kite song with your child and sing it to your entire family.

Dance to a whole song on the radio. Bounce to the beat and move your body to the rhythm.

As you stack blocks with your child, count them.

What is your bedtime routine? Create a visual chart with your preschooler.

Use hardcover books to make a ramp. Roll a car or small ball down the ramp. What happens when you change the angle of the ramp?

Art experiences allow children to express themselves in a safe way.

Have your child tell you about his/her artwork and write down what is shared.

Let your child do rubbings of pennies and other coins.

Fill a small dish with water and have your child transfer the water to an empty dish by dipping and squeezing a sponge.

Go on a hunt around your house looking for red things. Count the number of items you find. Change the color and start again.

Build a fort with your preschooler.

Fill containers with different objects (pebbles, popcorn, etc.). Let your child shake the containers to guess what's inside of them.

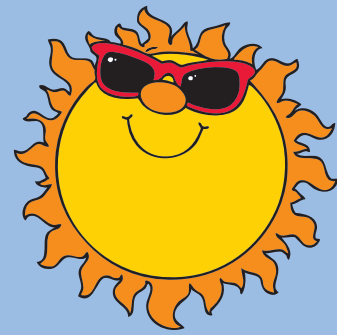


May

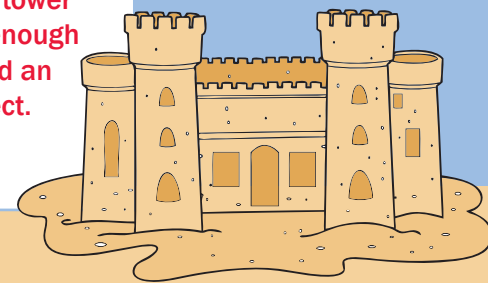
Modeling is the most effective way to influence behaviors. Model healthy behaviors for your child like eating healthy foods.	Pick up a library reading list appropriate for your child's age/development. Help your child get a library card.	Show your child how to fold paper into shapes (square, triangle, etc.).	Try dried fruit as a snack. It's easy to carry and stores well.	Let your child help cook using a recipe. Talk about each of the steps and have your child measure ingredients.	Help your child learn his/her phone number.	Gather a few different balls. Predict which will bounce higher and try it out.
Making comparisons and recognizing patterns is part of learning about measurement.	Encourage your child to "read" to you. Ask your child to look at pictures and tell you a story.	Play in the rain. Make water footprints on the sidewalk.	Practice throwing skills with a soft ball. Can your child hit a target?	Count the number of things in your house that can 'open' and 'shut' (doors, washing machine, etc.).	Work on a puzzle with your preschooler.	Plant a bean seed in a cup. Place it in a sunny place and water it. How does the plant change from week to week?
Preschoolers need consistent routines. If they are changed, let your child know what is changing so he/she knows what to expect.	Sing the alphabet song.	Teach your child the "Humpty Dumpty" rhyme.	Cut toilet paper tubes in half and have your child thread wide pieces of ribbon through the tubes.	Encourage your child to estimate the number of carrots in a package. Count them together.	How do you solve a problem with a friend? Find a solution.	Mix blue and yellow food coloring to see what happens. Try mixing other colors.
Talking about science and technology careers can encourage further exploration.	Make letters with rocks and sticks.	Make a flag with your child out of colored paper.	Try a new vegetable today.	Go on a nature walk. How many colors can you find?	Have a puzzle party with family or friends.	Explore a children's cookbook together. Make something.
Children need opportunities to handle books to learn how language looks and works in printed form.	Play "I Spy". Ask your child to search for objects that begin or end with a particular sound.	Lay plain paper on the bark of a tree and make a rubbing with an unwrapped crayon.	Visit the park and practice climbing on different play structures with supervision.	Use water and a paint brush to draw 3 triangles and 2 circles on the sidewalk. Which set has more? Let your child paint shapes with water.	Plan a cooking project: shop for ingredients, measure ingredients, and cook together!	Sort rocks together. Try sorting rocks by size, color and weight.



June



Open-ended art activities encourage children to think outside the box and allow for self-expression.	Read a book with photographs instead of illustrations.	Be musical. Teach your child to make a guitar using an empty tissue box and some rubber bands.	Let your child use a turkey baster to transfer water from one dish to another.	Help your child make different shapes with clay or play dough.	Make a piggy bank together out of a coffee can and start saving coins.	Practice blowing bubbles. Does blowing on them make them go higher?
Provide healthy choices for your child. "Would you like apples or peaches with your lunch today?"	Help your child write a card or letter to a friend or family member.	Make large tissue paper flowers.	Keep washed and cut veggies in the fridge for a quick snack.	Cut shapes out of scrap paper. Can your child identify a crescent, a square, a rectangle, a diamond?	Play "pretend" (pizza parlor, house, airport, etc.).	Mix baking soda with vinegar. What happens? Try it again.
Sharing mathematical vocabulary (many/few/fewer; sphere, etc.) with children can increase their understanding of numbers, shapes and quantities.	Talk about the different types of weather.	Make triangle and square shapes with popsicle sticks.	Play freeze to practice stability and coordination.	Count the socks in the laundry. Let your child help sort and match the socks.	Play a game with your preschooler. Talk about each step. What comes first, next, and last?	Put some ice cubes in warm water and some ice cubes in cold water. What happens?
Be consistent and do what you say to build trust with your preschooler.	Turn off the TV for family reading time.	Make a card or picture for someone.	Cut a slit in the lid of a plastic container. Have your child drop in buttons or coins.	Find numbers in the grocery store.	Look through a magazine and look at the photos of people. Discuss how the people feel. How do you know?	Cut out pictures of different animals and insects from magazines. How are they the same/different?
Asking children to describe their observations helps them make sense of the world.	Ask your child to hunt for familiar letters in the storybooks you read together.	Go on a bug hunt. What color bugs did you find?	Talk about your child's day. What will happen first? What will happen after nap? What will happen last?	Have your child pick up items using salad tongs.	Read a book about families.	Build a tower strong enough to hold an object.



July

Children learn most from books when they are actively involved. Help your child think about a book's meaning by talking about what you are reading.	Read a rhyming book. Leave out the rhyming words and let your child fill in the blanks.	Celebrate your independence. Serve a red, white, and blue snack.	Make popsicles by inserting sticks into peeled banana halves and freezing them.	Count the petals on a flower.	Provide a workbench for your preschooler to use as an outlet for emotions or excess energy.	Read an information book about a woodland animal (rabbit, squirrel, etc.).
Children practice problem-solving skills when they make decisions about what art materials to use or how to move.	Read a recipe together and make something with your child.	Parade around your neighborhood. Decorate your bike or wagon with red, white, and blue paper.	Can your child walk heel to toe in a straight line? Find a line in the sidewalk and try it out!	Measure your child's height using everyday objects. How many shoes long is your child?	Use your camera to take photos of your child pretending to be angry, happy, sad, etc. Discuss those feelings.	Take a walk with your child. Use a magnifying glass to look closely at the items in your path.
Children need at least 1 hour or more of physical activity every day. Make arrangements for active play.	Discuss water safety rules (never swimming alone, getting out of a pool during a storm, etc.).	Make a butterfly puppet with paper and a popsicle stick.	Make half your child's plate fruits and vegetables for each meal.	Play a number war game using the number cards in a card deck. Talk about which numbers are bigger and smaller.	Fill 5 glasses with varying amounts of water. Using a spoon, gently tap each and listen. What do you notice about the sound they make?	Go outside and play "Step on your Shadow."
Finger counting helps children develop an understanding of math concepts. Use fingers to count and perform simple addition and subtraction.	Provide your child with a large variety of books. Visit the library and let him/her choose books.	Lie in the grass with your child. Be creative and make animals from the clouds.	Pretend to be a flamingo. Raise one leg and bend it high.	Help your child match and sort items in a deck of cards.	Help your child learn his/her address.	Observe an insect up close. Talk about what you see.
When your preschooler is upset, be sure to state the feeling your child is experiencing. For example, If your child is yelling, state "I know you're upset because..."	Make letters out of yarn, textured fabrics or sandpaper and make a sensory alphabet book.	Tear blue pictures from magazines to paste on a yellow piece of construction paper to discuss contrast.	Let your child use an eyedropper to transfer water from one container to another.	Find objects in your house that are different shapes. Can you find a sphere or a cube?	Talk about summer and have your child draw a picture of a summer scene.	Go outside and play "tag."



August

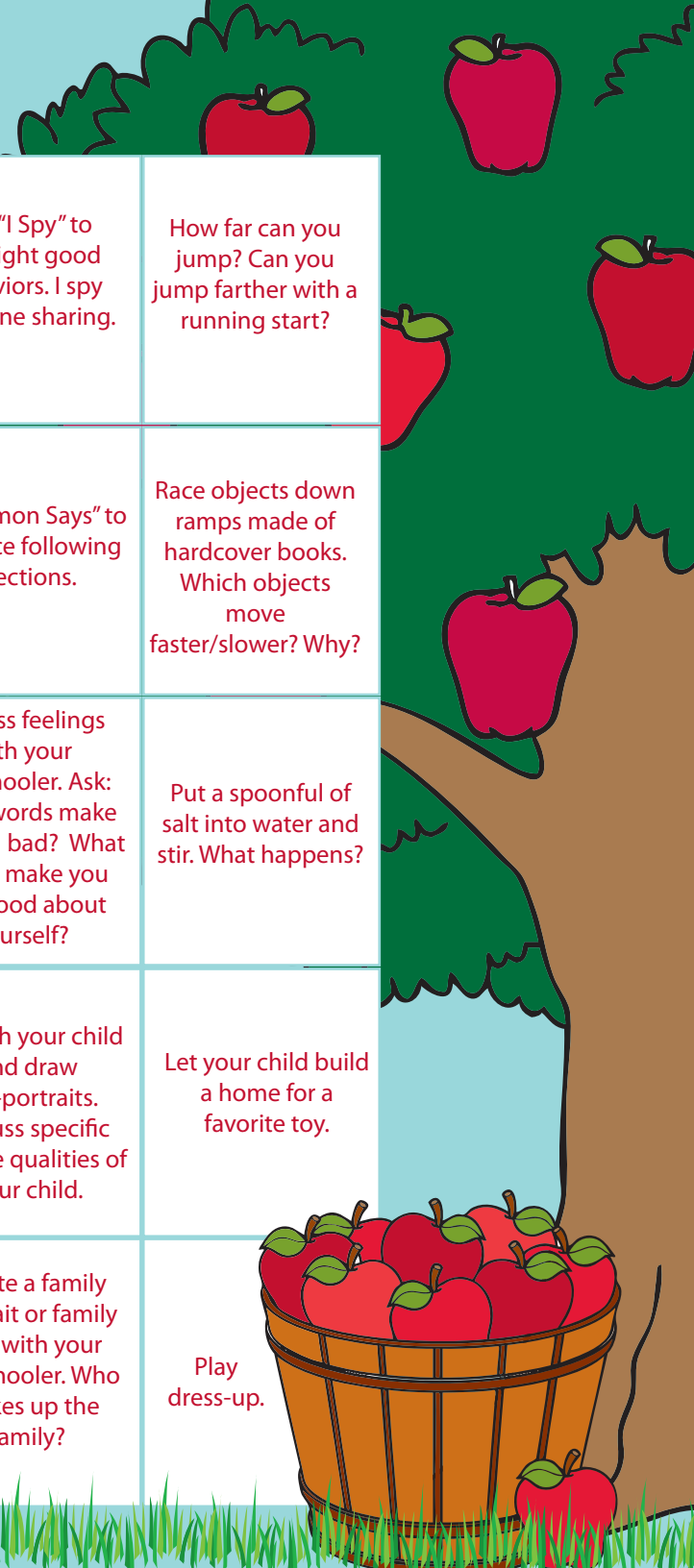


Science experiences introduce children to new words which can help with future reading success.	Create collections of objects that rhyme and group them together in a basket for your child to explore.	Cut pieces of different colored paper into shapes and paste them in a pattern with your child.	Make your family motto, "milk with meals and water for thirst."	Help your child make a pattern with the laundry. Red sock, blue sock, white sock. Red sock, blue sock, white sock. What other patterns can you make?	Read books with songs and movements.	Let your child play with measuring cups in the bath tub. How many smaller cups of water will fit into a larger cup?
Reading is more than figuring out the words on the page. Children who make connections between what they already know and what they are reading will help them better understand their world.	Ask your child to draw a picture of what he/she can see from your window. Write down what he/she describes.	Make old fashioned chains from colored strips of paper and hang them around the room.	Practice bouncing and catching a ball. Count the number of bounces.	Look at family pictures. Who is the tallest? Who is the shortest? Who is in the middle? Who has long hair? Who has short hair?	Before naptime or bedtime, read books that are calming.	Place a white carnation in a cup of colored water. Explain that flowers absorb water through their stems, not leaves. What happens to the flower?
Active, hands-on experiences encourage persistence.	Visit the library for a special children's program.	Have your child decorate a shoe box to store treasures.	Draw in sand with sticks or straw.	How many hops does it take to get from the bedroom to the kitchen?	Kick a ball to a friend. Discuss taking turns.	Gather a flashlight and some transparent (glass, coffee pot) and opaque (box, Styrofoam cup) items. What objects allow light to pass through them?
It can take 10-12 exposures for a child to like new foods. Be patient and try new ways to prepare foods. Many times children prefer vegetables raw and crunchy.	Help your child form letters with play dough.	Go for a hunt around your house for orange things. Choose other colors.	Use cookie cutters to cut healthy snacks into fun shapes.	Make a fruit salad. How many different fruits did you choose? How many different colors are there?	Provide art supplies and allow your preschooler to create freely. Praise the preschooler's effort and not the finished product.	Read a book about gardening. Plant something together.
Math activities not only build number sense. They also help children develop logic and problem-solving skills.	Learn a tongue twister with your child.	Make a personalized bookmark with your child.	Walk on your tip toes around the house. Now walk on your heels.	Read an information book about ocean life.	Create a chore chart with your preschooler (set the table, make your bed, etc.)	Dig in the dirt. How does it smell and feel? What can you see?

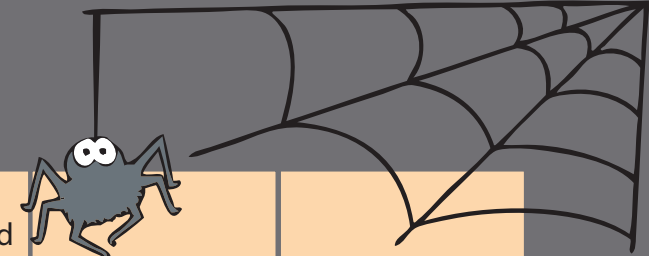


September

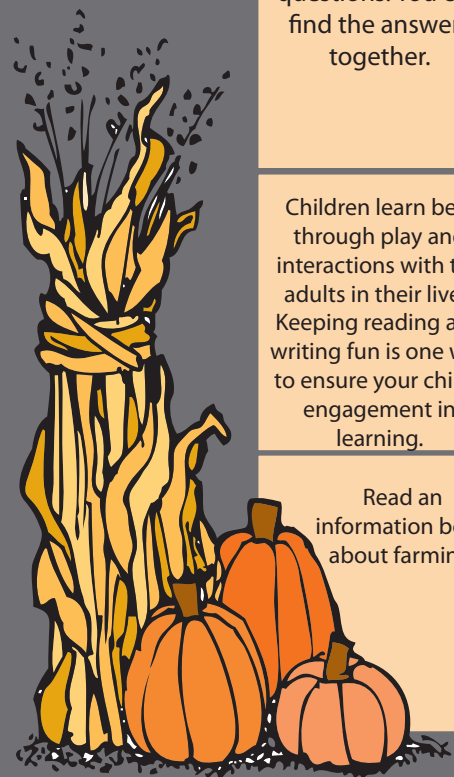
Preschoolers can typically stay on task for about ten minutes. Set appropriate expectations and vary active and calm activities.	Help your child make an "All About Me" book. Include name, age, family members, favorite things to do, etc.	Work with your child to make a collage from things found around the house (ribbons, string, buttons, etc.).	Let your child remove the grapes from stems.	At bath time practice predicting. How many cups of water do you think will fit into a bowl? Change the size and predict again.	Play "I Spy" to highlight good behaviors. I spy someone sharing.	How far can you jump? Can you jump farther with a running start?
Block play helps children learn about balance, stability, and spatial relationships.	Ask a librarian for book suggestions.	String a macaroni necklace with your child.	Eat the foods you want your child to eat.	Help your child sort toys (small toys, large toys, soft toys, hard toys).	Play "Simon Says" to reinforce following directions.	Race objects down ramps made of hardcover books. Which objects move faster/slower? Why?
Reading and writing go together. Children learn a lot about reading when they understand spoken words can be written down and read by others.	Clap out the number of syllables/beats in your child's name.	Spread glue on paper, then sprinkle it with sand to make pictures.	Make an obstacle course with pillows and toys. Practice crawling under things and hopping over things.	Let your child compare the weights of fruits and vegetables. Which is heavier, the eggplant or the carrot? Which is lighter, the cherry tomato or the orange?	Discuss feelings with your preschooler. Ask: What words make you feel bad? What words make you feel good about yourself?	Put a spoonful of salt into water and stir. What happens?
Pretend play allows children to explore new and familiar concepts and roles.	Act out a favorite story with puppets and/or special voices.	Cut potatoes into shapes. Dip them into paint and stamp on paper.	Encourage your child to peel string cheese.	Use raisins to make lines of different lengths. Which line is longer? Which is shorter? Which line has the most raisins?	Sit with your child and draw self-portraits. Discuss specific unique qualities of your child.	Let your child build a home for a favorite toy.
Keep TVs, computers and games out of children's bedrooms. This is a simple way to limit screen time and control what your child is watching.	Use masking tape to form large letters on the floor. Walk the letter shape with your child and say the letter as you go.	Which tool is best for cleaning up water? A paper towel or a sponge?	Take a recipe you like. Can you make it healthier?	Go for a walk. Count the number of red and blue cars you see.	Create a family portrait or family tree with your preschooler. Who makes up the family?	Play dress-up.



October



Collecting and organizing data is part of data analysis. Help children record and diagram information and ask questions to develop their reasoning. "How do you know more people like chocolate ice cream?"	As you read, point out the difference between words and pictures.	Bake and decorate cookies with your kids.	Exercise with your child. Count the number of jumps or kicks.	Allow your child to explore size and shape by matching lids to containers.	Talk about your trip to grandma's last week and the play date scheduled for next week.	Hunt for objects that give off light.
Preschoolers will act out when they are over-stimulated, tired, excited or hungry. Meet their physical needs!	Pick a favorite topic (pets, dinosaurs). Make a list of words related to the chosen topic, then write a short story using some of those words.	Act out "Itsy Bitsy Spider."	Let your child help prepare a meal.	Make up a story using items of 3 different sizes (large bear, small child, tiny mouse).	Talk about emergencies and when and how to dial 911.	Read an information book about building.
Encourage your child to ask questions. You can find the answers together.	Before reading a story, predict what the story will be about using the cover illustration. Confirm or revise your predictions as you read aloud.	Act out your favorite story using puppets or dolls.	Practice marching and galloping.	Use a thermometer to measure the temperature inside and outside of the house. Is it warmer inside or outside?	Help your child make a map of his/her room.	Adopt a tree. Observe how it changes across the seasons.
Children learn best through play and interactions with the adults in their lives. Keeping reading and writing fun is one way to ensure your child's engagement in learning.	Read a picture book and an information book on the same topic. Discuss how the books are alike and different.	Decorate a pumpkin with paint or markers.	Name a food your child helps create (e.g., Olivia's Broccoli).	Let your child estimate how many bites are left to eat in a snack or a meal.	Expose your child to money and its function.	Make sounds with different body parts (smack lips, clap hands, etc.).
Read an information book about farming.	Pick an author you and your child really like. Read as many books as you can by that author.	Record your child singing or telling a story. Share it with friends and family.	Provide your child with a set of locks and keys to practice locking and unlocking.	Make a paper chain to count down to a special event. Remove a link for every day that passes. Count how many links/days are left before the special event.	Point out changes in the environment with your child. Talk about changing leaves in the fall.	Music experiences can help children hear the smaller sounds in words which will help with reading.



November



Too much sugar can lead to weight gain, cavities, and type 2 diabetes. Children should drink water and fat-free white milk in place of sugary drinks and whole milk.

Use drawings or magazine photos to create your own informational book. Help your child label the photos.

Ask a librarian for music CD recommendations.

Tape a simple picture to a window and have your child trace it.

Give your child a simple task to complete and set a timer. Can your child beat the clock?

Have your child help you pay for groceries at the store.

Talk about fall and have your child draw a picture of a fall scene.

Keeping math activities fun will help children develop positive attitudes about math and learning.

Discuss and name the parts of a book with your child (author, illustrator, title, cover, pictures/illustrations, words).

Draw a picture of 5 things you are thankful for.

Toss a balloon back and forth using different body parts (hands, heads, feet).

Check out and read number and counting books from the library.

Help your child understand and follow rules in different settings. For example, "We use inside voices in the library."

Search for things with wheels. How are they alike and different?

Set reasonable limits for your child and help your child understand that behavior has consequences. "You'll need to clean up the milk you spilled so no one slips and falls."

Help your child spell his/her name and make words using magnetic letters.

Put on some music and act like a butterfly or the branches of a tree in the wind.

Put corks in a bowl of water. Use tongs or fingers, to capture the floating corks.

Play number BINGO.

Read a book about being different.

Read about creatures that stay awake at night.

Children can develop positive attitudes about science through active play.

Talk with your child about how to care for books.

Cut shapes out of paper to make a picture.

Waddle like a duck. Soar like an airplane. Let your child's interests guide your movements.

Count the number of pockets in a piece of clothing. How many are there altogether?

Talk about your job with your child. What would your child like to be when he/she grows up?

Observe and record (in pictures) how the moon changes.

Identifying letters by their name requires children to recognize similarities and differences in letter shapes.

Take turns naming fruits or vegetables with your child.

Check out a book of fairytales from the library. Act out your favorite.

Let your child practice putting barrettes, hair clips, and elastic bands into your hair.

Allow your child to help you sort food items when you return from the grocery store.

Talk about different cultures and traditions.

Let your preschooler experience new scents (cinnamon, garlic, lemon, etc.).

December

Art experiences sharpen children's observational skills and support hand-eye coordination.	Read a funny poem.	Sing holiday songs.	Allow your child to help you make the grocery list.	Make and fly paper airplanes. Measure the distance of the airplanes' flight using measuring tape. Compare.	Read books about community helpers.	Take something apart, like a flashlight. Talk with your child about how it works and goes back together.
Children need regular health check-ups. Help your child develop a trusting relationship with a doctor and dentist, and schedule regular visits.	Pick an illustrator you and your child really like. Read as many books as you can by that illustrator.	Give your child holiday stamps and stickers to make gift tags.	Crumple up newspapers and have a snowball fight.	Count the corners on squares, rectangles and triangles.	Talk about what to do in case of a fire. Have a practice fire drill.	Fill a cup with vinegar and put an egg inside. Check on the egg in 3 days. How does it feel?
Children learn number concepts best through manipulating real objects.	Let your child write or draw in fluffy white shaving cream.	Explore an arts and crafts book together. Make something.	Serve shredded veggies over rice or whole wheat pasta.	After dinner, ask your child to make a tally of the number of people wanting dessert.	Discuss different kinds of transportation. Let your child cut pictures of different types of transportation vehicles from magazines and glue them to a piece of paper.	Weigh your child and share the number of pounds.
Learning about past, present and future helps children understand their community.	Make lists of words that have the same ending sounds (cat, bat, etc.).	Provide opportunities for your child to play with musical instruments.	Add sliced fruit to your child's favorite cereal.	Look at some pens and pencils. Ask, "How are they the same or different?"	Discuss wants and needs. We need water to stay healthy, but we don't need to drink fruit punch.	Let your child move light items (small pieces of paper, pom-pom) by blowing through a straw.
Adults play an important role in helping children learn about science.	Talk about how a story you've read together may be about something that happened in your own lives.	Make confetti with colorful pieces of paper and a pair of scissors.	Cut off the front of a cereal box and punch holes around the edges. Let your child lace yarn around the border.	Make up math stories for your child. Three children were playing ball, then one of them went home. How many were left?	Ask your child to write a thank you note or letter to a friend or relative.	Mix oil and water in a bottle. What happens?