

Family Activity Calendar



For every day of the year!

Developed by: Rolling River School Division FEYAI Project (2002)

Compliments of: Rolling River School Division in partnership with Assiniboine North Parent Child Coalition, Beautiful Plains School Division, Child and Family Services of Western Manitoba, and Park West School Division

Revised in 2009

This Family Activity Calendar evolved as a part of the Rolling River Preschool Activity Resource Kit. The kit was initiated by the Student Services Coordinator of Rolling River School Division in response to brain research, highlighting the importance of the early years in brain development, literacy, and social skills, and ultimately, in preparing children for readiness to learn in school.

March of 2002: The program began with the production of 200 kits, including sections on safety, nutrition, behaviour, literacy/numeracy, and activities.

May of 2002: Kits were distributed to parents of preschool children in Rolling River School Division. The contents of the kit were used as a guide and sample of what parents can do with their children prior to school entry.

2003: The Assiniboine North Parent Child Coalition requested and was granted permission to reproduce the Calendar for distribution across the entire ARHA north part of the region. It was provided to parents through the licensed child care programs, nursery schools, family day care providers, playgroups, resource centers, public health and libraries.

2005: The calendar was revised and distributed as a result of a partnership between Rolling River School Division, Beautiful Plains School Division and the Assiniboine North Parent Child Coalition.

2007: The calendar became the Family Activity Calendar and the partnership for its revision and distribution was extended to include Child and Family Services of Western Manitoba and Park West School Division.

2009: The calendar was updated with changes and new additions.

We are pleased to provide this valuable resource to you and invite your comments and suggestions for future revisions. Please feel free to contact any of the following:

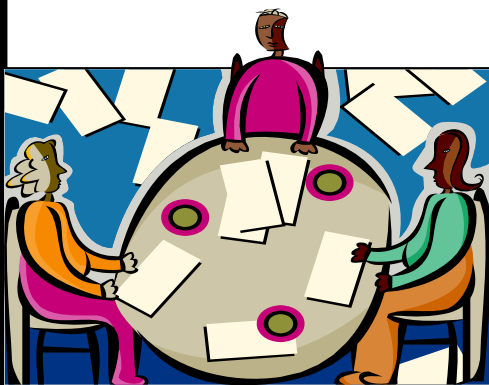
Rolling River School Division: Student Services Coordinator 867-2754 ext. 227

Assiniboine North Parent Child Coalition Coordinator - 764-2412 ext.220

Beautiful Plains School Division: Student Services Coordinator 476-2387 ext. 226

C.F. S. of Western Manitoba : Rural Family Services Coordinator 1-800-483-4980

Park West School Division: Student Services Coordinator 842-2100



“Partnerships are sometimes the logical next step which builds on activities or projects that have already been successful.”

From the Partnership Handbook: Human Resources Canada
<http://www.hrdc-drhc.gc.ca/common/partnr.shtml>

Dear Parents,

WHAT DOES THIS CALENDAR OFFER?

This calendar has been created to provide you with activities to enjoy with your child. Your child's experiences during these important early years provide the foundation upon which his or her future successes will be built.

These activities do not require a lot of time, materials or preparation so you may easily incorporate them into your daily routine. You may find it helpful to set aside a specific time each day. Enjoy this time together with your child!

You will find activities that encourage development in learning numbers, colors, sounds, textures, shapes, large and small motor skills, as well as social & emotional development. Each month also provides you with recipes and rhymes as well as tips and inspiration for you as a parent.

Please use caution with activities involving the stove and sharp objects such as scissors or knives, and choking hazards such as balloons and small objects. Remember, if an item can fit inside a toilet paper roll, it can lodge in your child's throat.

**As a parent your influence is important.
The benefits of the time you spend together will last a lifetime.**

January

PARENTING TIP:

To help your child listen you can:

- Get down to their height so their face is level with yours
- Stop, look and listen to them when they talk to you

To help them understand you can:

- Get them to repeat what you said in their own words
- Keep your sentences short

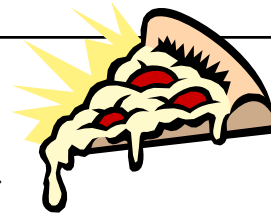
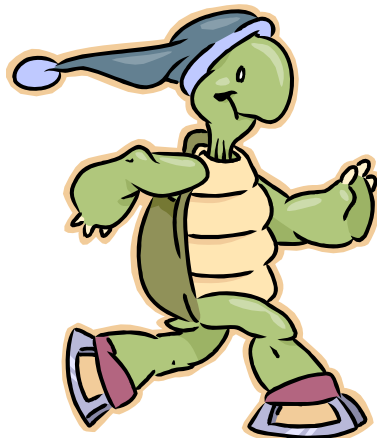
Messages Children need to hear *each day*:

- I believe in you
- I Trust you
- I know you can handle life situations
- You are listened to
- You are cared for
- You are very important to me

SAFETY TIP: (Dressing for Winter)

Ensure your child is dressed appropriately for the cold to prevent frost bite. Winter “wind-chill” increases the need for protection.

-Warm mittens, toques, scarves, boots, ski-pants and winter jackets



MINI-PIZZAS

Top half an english muffin with pizza sauce and cheese. You can add other pizza toppings as desired (onion, ham, mushrooms, peppers, pineapple, olives, etc.).

Bake 5-7 minutes at 400 degrees.

RHYME TIME!

Farmer, farmer out in the sun,
I see your _____. May I pet one?

Farmer, farmer, dressed in blue,
I see your _____. May I pet two?

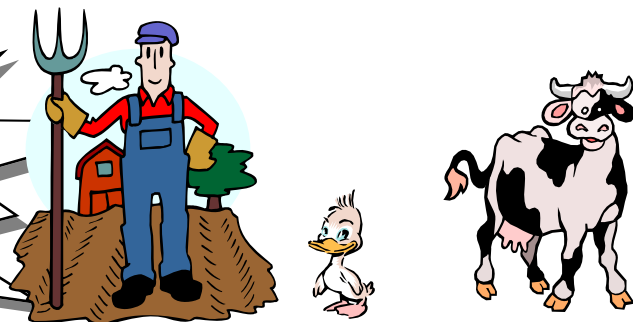
Farmer, farmer resting on your knee, I see
your _____. May I pet three?









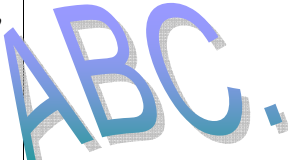
Farmer, farmer, please don't snore! I see
your _____. May I pet four?

Farmer, farmer, by a beehive,
I see your _____. May I pet five?



Mistakes are a fact of life. It is the response to the error that counts!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
Clip clothespins around the rim of a coffee can. Count them as your child touches each clothespin.	 <p>Visit the library with your child to get a new book.</p>	Tell your child, “I see the colour blue. Can you find it?” As you count down from ten to zero, your child must run and touch something that is blue.	Sit opposite your child with your legs apart and take turns rolling a ball back and forth.	Make a fort out of chairs and blankets. Use a flashlight to read a book with your child in the fort.	Play a game of newspaper golf with your child, using a rolled-up newspaper and a ball, or use a cardboard box & your imaginations!	As you’re driving in the car, talk about things that you see. (Play “Eye-Spy with my little Eye...”)
Ask your child to find things that come in 2’s (i.e. shoes, handles on the fridge, lights in a fixture).	 <p>Make a play date. Practice Sharing</p>	Look in the mirror together. Someone special you will see! Talk about face parts (eyes, nose, mouth, eye brows, lips, etc.)	Play-dough Fun! Roll out into thin strips and cut with scissors 	Put items in an empty bag & have them feel & guess what it is without seeing it!	Do Laundry together. Child can help you match pairs. 	 <p>Create Music with Pots & Pans!</p>
Read a favorite book. Leave out words for your child to fill in. Use funny facial expressions	Walk along a balance board or a line of tape on the floor. Or create a maze around the room.	Talk about rhyming words—words that sound the same. Give some examples, then see how many you can find together that rhyme with “cat.”	Practice learning your address.	Fill a plastic spray bottle with water and food coloring. Spray onto the snow to make designs.	Find and compare items in your home that feel rough and smooth.	 <p>String cheerios on a piece of yarn and hang it outside for the birds.</p>
Identify 5 items around the house that start with a letter....(you choose!)	Healthy Snack Choice Have Apples & Cheese 	Play “Go-Fish” with only the numbered cards from a deck.	Make a snowman. Talk about the number and size (small, medium, large). 	Put some snow in the sink. Have fun watching it melt.	Sing “Head & Shoulders, Knees & Toes”	Sing ABC’s 

February

"I Love to READ" Month

PARENTING TIP: Reading to your Child Offers:

- Mental Nourishment
 - Bonding / Attachment
 - Confidence
 - Role-modeling
 - Problem-solving
 - Repetition
 - Conversation
 - Greater success in school
- *Memorizing books is one of the first steps in learning to read. Repetition is very important.

The main source of good discipline is growing up in a loving family, being loved, and learning to love in return.

- Benjamin Spock



"Silly Slime" Recipe:

- 1 cup cornstarch
- 1/2 cup water
- Food coloring or paint

Mix with a spoon or your hands until it is a smooth texture.

When you press it together, it feels solid. Open hands and watch it turn back into liquid!

RHYME TIME! "My Snowball"

I made myself a snowball
As perfect as can be,
I thought I'd keep it as a pet
And let it sleep with me
I made it some pajamas,
And a pillow for its head,
Then last night it ran away,
But first—it wet the bed

- author unknown



Sun

Mon

Tue

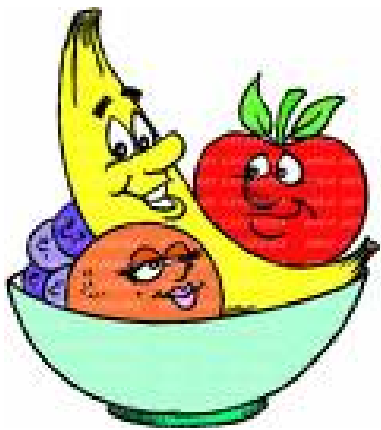
Wed

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Sat

<p>Eat your meals together and make it a pleasant get-together.</p>	<p>Play Charades and perform the actions of different emotions.</p>	<p>Arrange a play date with other children.</p>	 <p>Sort a deck of cards by color suit and/ or numbers.</p>	<p>Play a game that involves turn-taking. Tell her how happy you are that she knew how to wait for a turn.</p>	<p>Read a favorite book about friendship.</p>	<p>Place pillows on the floor & have your child jump over them.</p>
<p>Give your child a magazine and let them practice cutting with blunt scissors.</p> 	<p>Play action games with numbers: jump twice, wiggle your finger four times, blink once, etc.</p>	<p>Give your child an adult sweater with big buttons to practice buttoning.</p>	 <p>Talk about what the weather is like today.</p>	<p>Provide simple chores to do like dusting or taking dishes to the sink.</p>	<p>Print your child's name with a capital letter and lower case letters on a piece of paper and have child trace the letters with their finger.</p>	<p>Practice your phone number</p> 
<p>Talk about feelings. Ask your child what makes them feel loved?</p> 	<p>Read a Book by Eric Carle</p>	<p>Name different Body Parts</p>	<p>Ask your child what the best part of his or her day was and why.</p>	<p>Have your child look at you, then leave the room and change something about your appearance. Can they guess what you changed?</p>	<p>Cut out a heart shape. Help your child glue a picture of people they love on it.</p>	<p>Tell a story about someone close to your child.</p>
<p>How many words can you think of that rhyme with "hop?"</p>	<p>Play a game of tag outside.</p>	 <p>Talk about ways to be a good friend.</p>	<p>Go outside and make snow angels together. Talk about big & little.</p>	<p>Let your child choose their own clothes to wear. Talk about why he made that choice.</p>	<p>Make your own book together.</p> 	<p>Make different animal sounds and see if your child can identify the animal.</p>



March

“National Nutrition Month”

Recipe for “Banana Pops”

- Place 1/2 of a banana on a stick
- Roll the banana in yogurt
- Roll the yogurt in rice crispies

See your Public Health Nurse for a copy of an updated Canada Food Guide

*****ALLERGIES*****

*To prevent allergic reactions, it is recommended that Peanuts & Peanut Butter should **not** be introduced to children under 2 years of age.

*Be cautious of allergies that are common in your family when introducing new foods to your children



If you can only give your child one gift, let it be enthusiasm...

Bruce Barton

RHYME TIME!

“ Criss Cross Applesauce:

(Sit child in front of you—facing away from you)
 Criss cross *(Make an X across child's back)*
 Applesauce *(run fingers down back in wavy motions)*
 Spiders crawling up your back *(creep fingers up back)*
 One here...one there *(tickle each ear)*
 Spiders crawling in your hair *(tousle hair)*
 Tight squeeze *(squeeze shoulders)*
 Cool breeze *(blow lightly on neck)*
 Now you've got the shivers! *(Lightly tickle down arms or back)*



PARENTING TIP:

How to help children eat vegetables”

- Be a role-model by eating vegetables yourself.
- Disguise veggies by putting them in soups, on pizzas, in sauces.
- Dips can make veggies more appealing.
- Involve your child in the preparation of them.
- Don't force, but persist. If your child rejects a new food the first time, don't force them to eat it. Simply offer it again.

Sun

Mon

Tue

Wed

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Sat

Count items with your child as you prepare supper.



Talk about changes in season (signs of spring)

Sprinkle a cookie sheet with flour or rice.
Draw a letter or number with your finger & have your child draw

Have your child set the table for supper



Make a healthy sandwich with your child and share 1/2 each.



Talk about animals

Fill jam jars or glasses with different levels of water. Clang them with a spoon to make music.

Play-dough Fun!

Make letters and shapes out of play dough

Give your child a note about what it is that makes them special.

Have a picnic in the living room for snack today.

Talk with your child about what they want to be when they grow up.

Practice reciting the days of the week, using the calendar to point at each day as you say it.

Read a story. Use your finger to point to the words as you read them.

Place the numbered cards from a deck face down. Turn over two at a time. If they match, you keep them; if not, they are turned down again.

Write the numbers 1-10 on coffee filters and sort food items into each using tongs.

Scribble on paper with crayons. Paint over top of it.



Fold the corners in on square pieces of paper. Float folded side up in the bathtub and watch them unfold.

Play Ring Around the Rosie.



Sing the ABC song while washing your hands before you eat.

Work with your child to cut out fliers with the items from your shopping list. Let them do the shopping for these items.

Schedule a play date for your child. Talk about feelings.

Ask your child to find things that come in 4's. (chairs at the table, tines on a fork, etc.)

Hide a small toy. Tell your child they are "hot" or "cold" depending on their proximity to the item.

Scavenger Hunt! See what you can find as the snow melts. Help clean up your yard or neighborhood.

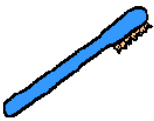
Make your child's favorite food.

Measure your children on a door frame. Who is the tallest? Shortest?

Tell your child 3 positive things about them & why



Go outside before bedtime and look at the stars. Can you find the moon?



APRIL

"Dental Health



To be in your children's memories tomorrow, You have to be in their lives today.
-author unknown



PARENTING TIP:

Good dental hygiene begins at birth even before signs of their first tooth!

To Prevent Tooth Decay....

- limit their amount of juice intake to ½ cup per day
- never let your child sleep with a drink
- offer water for thirst
- giving your child a piece of cheese after their meal helps prevent tooth decay
- Clean your baby's gums and teeth. After each feeding, wipe your baby's gums with a small wash cloth to help clear away food residue. Once teeth start erupting, use a small soft-bristled toothbrush to clean them.
- Start talking about the dentist early and take a "trip" to tour the dental office before an appointment...talk to your dentist about when to start bringing your child for check-ups.
- Teach your child how to brush by age two, but you should still help them brush hard to reach spots until about age 8.
- Use a small pea size amount of toothpaste once child can spit.
 - Always encourage good eating habits.



Rhyme Time!

"Willoughby Wallaby Woo"

Willoughby, wallaby , woo
I don't know what to do!
Willoughby, wallaby, wee
An elephant sat on me.
Willoughby, wallaby, wash
I'm feeling kind of squash.
Willoughby, wallaby woo
I don't know what to do!!

(can also change to rhyme with names of family members...)

"Willoughby, wallaby , wum
An elephant sat on mom"
"Willoughby, wallaby, wason

Pita Pockets / Wraps:

- Whole wheat pita pockets or Tortilla Shells
- Add cheese, tomato, lettuce, ham, chicken
- Top with mayo or other salad dressing

Sun

Mon

Tue

Wed

Thu

Fri

Sat

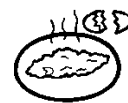
Write the numbers 1-5 across a piece of paper. Have your child glue the correct number of paper pieces under each number.



Dance with your child to music (twirl, spin, tiptoe, sway).

Use paper roll binoculars and see how many things in the house you can find that are ... Purple/blue/red/etc.

Make play dough snakes and worms.



Cook eggs together a couple of different ways



In recognition of Earth Day make a sculpture out of recyclable items

Tape two or more crayons together to make rainbow effect pictures.

Go for a walk, Look for signs of spring!

Name familiar objects and ask your child if they are things you would find indoors or outdoors.

Memory Game: Place familiar items on a tray, cover it up and see what your child remembers

Have your child taste sugar and lemon and then talk about sweet and sour.

Count how many beds there are in your house. Help your child make his own bed.

Say this month's rhyme together.

Ask your child to show you how old they are with their fingers.

Read a book. Have your child act out the story as you read.

Tape a strip of paper around your child's finger and around yours. Add a face and hair to make a puppet. Have the puppets talk to each other.

See how many words you can make that rhyme with "sock."

Take your child on a shopping trip for a new toothbrush.



Arrange a play date for your child. Help them to problem-solve.
-What is the problem?
-What can I do?
-What will happen?
-How did it work?

Bring out some band-aids, cloth strips, empty bottles, and dolls or bears to play hospital.



Hop like a bunny with your child.

Color the inside of egg cartons and have your child sort jelly beans to match the colors.

Talk about special family times. (Traditions)

Show your child how to clean up spilled liquid with a sponge.



Give your child a spray bottle with water & a little bit of vinegar & paper towel to clean mirrors or windows.

Take turns saying nice things to each other.

Teach your child street crossing safety.



Stop! Look! Listen!

Take a handful of cotton balls (bunny tails) out of a paper lunch bag and count them.

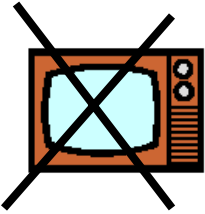
MAY



PARENTING TIP:

To help children stop whining...

International Day of Families



T.V. Turn-off Week

Encourage your family members to *not* use electronics of any kind for a week - plan family activities together (bike rides, board games, hikes, read together, etc.)

RHYME TIME! "Itsy-Bitsy Spider"

The Itsy Bitsy Spider went up the water spout.
Down came the rain and washed the spider out.
Out came the sun and dried up all of the rain, and the
Itsy Bitsy Spider crawled up the spout again!






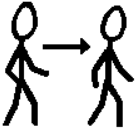




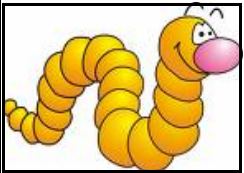


Watermelon Pizza:

- Thick slices of watermelon (skin on)
- Have large circle piece of watermelon on plate
- Top with vanilla/peach yogurt or vanilla pudding
- Then sprinkle with a variety of fresh fruit (kiwi, strawberries, honey dew)
- Cut into pizza slices! Enjoy!



Tell me, and I'll forget.
Show me, and I may remember,
Involve me, and I'll understand."
Native American Saying



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Speech & Hearing Month!</p> <p>-Make an appointment to get your child's hearing tested</p>	<p>Help your child identify names of baby animals</p> 	<p>Stack blocks of different sizes. Count the number of blocks in your tower.</p>	<p>Visit the library with your child to get a new book.</p>	<p>Count with your child: steps as you climb them, toys as you pick them up, or the number of cups, place mats, napkins, and spoons as you set the table.</p>	<p>Get your child to draw a picture of themselves</p> 	 <p>Cuddle with your child and tell them why you think they are special.</p>
<p>Make a play date. Ask your child what they like about their friends.</p>	<p>Make a picture list of things for your child to find outside (i.e. a rock, a leaf, a dandelion, a worm, etc.). Send your child on a scavenger hunt.</p>	 <p>Play "Follow the Leader." Take turns being the leader.</p>	<p>Choose a "Colour of the Day." At different times throughout the day have your child identify the things she sees that match this colour.</p>	<p>Count how many stairs there are in your house and talk about being safe on stairs.</p>	<p>Go outside at noon, supertime, and just before bed. Trace your child's shadow and compare the length of your shadows.</p>	 <p>Talk about how life would be different if the sun never went down.</p>
<p>Read a favorite book. Change the occasional word and see if your child notices. It will become a game!</p>	<p>Cut paper towel rolls into different sizes. Have your child stand the rolls up from shortest to tallest.</p>	<p>See how many words you can make that rhyme with "bee."</p> 	<p>Play pretend games with your child. Use dolls and play house. Change roles often during the play, and they will enjoy playing your role (Mom or Dad).</p>	 <p>Check to see the colour of eyes of all your family members.</p>	<p>Plant a flower seed or a dried bean in a paper cup. Water and watch it grow !</p>	<p>Take a walk. Pick a bouquet of dandelions. or look for worms</p> 
<p>With your child, move like a worm—no using hands and feet!</p> 	<p>Cut and glue materials (sandpaper, old carpeting, fabric, cotton balls, fun fur) on to frozen juice can lids. Talk about how they feel.</p>	<p>Take a garbage bag and rubber gloves and go for a walk. Pick up any trash you see along the way.</p> 	<p>Give your child some simple chores to do like picking up her toys, carrying her own dishes to the sink after meals, or letting her dust when you are cleaning.</p>	<p>Line up all the balls you have outside. Kick each one and see which goes the farthest, is easiest to kick, goes the highest, etc.</p>	 <p>Sing the "Old McDonald" song.</p>	<p>Look at your child's baby pictures with her. Tell her stories about herself as a baby.</p>

JUNE

Watch for "Safe Kids" Week
Aboriginal Day - June 21st

BANNOCK: a children's favorite to make

4 cups flour 4 teaspoons baking powder
1 teaspoon salt 4 tablespoons oil

Add enough water to achieve a bread dough consistency
Mix ingredients well and knead. Press in to a 9x12 pan
and poke all over with a fork. Bake for 15-20 min. at
375 degrees. Cut into squares. Serve with butter &/
or jam. (Raisins may be added to the dough before
baking.)



Give your child a
hug every day!

RHYME TIME! One, Two Caribou

One, two, caribou
Three, four, fishing by the shore
Five, six, fire from sticks
Seven, eight, bannock we make
Nine, ten, camping again.

Bookmates (2005)



PARENTING TIP:

Keep your child well protected and safe while
enjoying summer activities by:

- Apply sun block often-especially if your child is playing in or near water. (*check the expiry date of the lotion to assure effectiveness*)
- Apply sun block 20 minutes before exposure to the sun to be most effective.
 - Provide a sun hat and sun glasses
 - Make sure your child is wearing an approved personal floatation device (life jacket) when playing near water or in boats
 - Make sure your child wears a helmet when biking.
 - Make sure you model sun, bike and water safety for your child....remember they learn from what they see.



Check out www.safekidscanada.ca

Sun

Mon







Tue

Wed

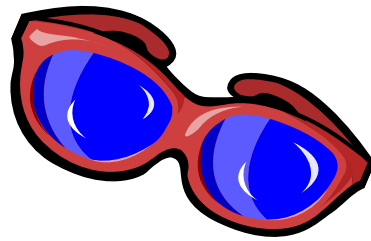
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Sat

<p>Talk about what makes your child feel scared.</p> 	<p>Purchase mosquito repellent specially made for children.</p>	<p>I invite a friend to play with your child. Help them use their manners during play.</p>	<p>Ask your child to tell you about something that they are good at. Tell them about something you have noticed they are good at.</p>	<p>Bounce a balloon back & forth using only your heads.</p>	<p>Play beauty salon: get combs, brushes, a spray bottle of water, barrettes, etc. & let your child do your hair.</p>	<p>Do a puzzle with your child.</p> 
<p>Discuss with your child, what we do to be healthy.</p>	<p>"Wash" the outside of the house with a brush & a bucket of plain water. Have a water fight!.</p>	 <p>Go to the pool or beach</p>	<p>Practise social behaviour in pretend play; answer the telephone, greet new people.</p>	<p>Together walk on your tip toes...see how far you can go!</p>	<p>Play house with your child</p>	<p>Take a walk. Talk about the brown things you find?</p>
<p>Read a book with your child using different voices for each character</p>	<p>Finger paint with shaving cream outside. Have a bucket of water close by for quick clean up</p>	<p>See how many words you can make that rhyme with "late."</p>	<p>Go on a bug hunt. How many different kinds can you see?</p>	<p>Together draw a picture of your favorite bugs</p> 	<p>Lay an object on a piece of coloured construction paper. Leave in a sunny spot all day. See how the paper fades & leaves a print.</p>	<p>Using sidewalk chalk, draw pictures on the sidewalk</p>
<p>Lie outside on a blanket with your child and talk about the pictures in the clouds.</p>	<p>Go for a Bike Ride! Talk about bike safety rules.</p> 	<p>Count how many chairs are at your kitchen table. Talk about who sits where.</p>	<p>Come up with as many ideas as you can for things that are okay to do when you are angry.</p>	<p>Ask questions that require more than a "yes" / "no" answer.</p>	<p>Talk about water &/ boat safety.</p>	<p>Lie on your stomach with your child on the grass & talk about the things you can see that are moving.</p> 

JULY



Ants on a Log

5 stalks of celery
1/2 cup cheese whiz or cottage cheese
1/2 cup raisins
Cut celery stalks in half. Spread with cheese whiz or cottage cheese. Sprinkle with raisins.



RHYME TIME!

"SUMMER FUN"

Five busy honey bees were resting in the sun.
The first one said, "Let us have some fun."
The second one said, "Where shall it be?"
The third one said, "In the honey tree."
The fourth one said, "Let's make some honey sweet."

The fifth one said, "With pollen on our feet."
The five little busy bees
sang their buzzing tune,
As they worked in the
beehive all that
afternoon.

Bzzzzzz! Bzzzzzz!
Bzzzzzz! Bzzzzzz!
Bzzzzzz!



PARENTING TIP:

Protect your children from West Nile Virus

- Mosquito netting can be used over playpens and strollers when outside
- Do not put repellent on children's faces and hands.
- Put the repellent on after any sunscreen.
- Do not use DEET on infants under 6 months.
- Use DEET on children 6 months to 2 yrs. only if a high risk of mosquito bites and then only 1 time per day.
- For children 2-12 years, use no more than 3 times a day (10% DEET or less).
- Avoid using over a long period of time.

www.westnilevirus.ca or call 1-800-816-7292 toll free

An ounce of protection is worth a pound of cure!

Benjamin Franklin



Sun

Mon



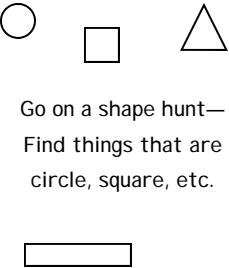






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<p>Decorate a shoe box to store treasures such as rocks, leaves, etc.</p>	<p>Fill a container with water. Give your child a number of objects. Guess if the object will sink or float. Put the object in the water to see!</p>	<p>Play with magnetic Letters & numbers on a cookie sheet. Take it in the car for long rides.</p>	<p>Play catch with a soft ball outside.</p>	<p>Talk about bike safety.</p>	<p>Re-use plastic containers in the sand at the beach, park or home.</p> 	<p>Go for a walk. How many different sounds can you hear?</p>
<p>Use your child's toy & practice position words like: <i>under, over, beside</i></p>	<p>Make some playdough & have fun!</p> 	<p>Draw 6 curvy lines on a paper & have your child cut along the lines.</p>	<p>Go on a shape hunt— Find things that are circle, square, etc.</p> 	<p>Have your child set the plates, glasses, and cutlery on the table for supper.</p> 	<p>Put your small or broken crayons in a plastic bag and leave in the sun until soft; make a giant crayon ball!</p>	<p>Pack a picnic lunch or snack and have a backyard picnic.</p> 
<p>Visit the library and check out some books.</p>	<p>Role play: "helping a friend if they are hurt." Arrange a play date for your child.</p>	<p>Turn up the music & have a dance in your living room.</p>	<p>Go to the park. Take a healthy snack, a blanket & a book</p>	<p>Pretend Play: Post-Office, save old envelopes, cards, paper & flyers, provide a cloth mailbag & old keys.</p>	<p>Read a story. Before turning the page, have your child guess what will happen next.</p>	<p>Start a dress-up Box (Tickle Trunk)</p> 
<p>Make Maraca's with plastic bottles, sand or gravel, or rice. Sing a song & shake.</p> 	<p>Mix cornstarch & water on a plate. Experiment with squishing & letting it run over your fingers.</p>	<p>Make juice pops by freezing 100% juice in paper cups with a popsicle stick in each cup.</p> 	<p>"Paint" the sidewalk with water and a big paint brush.</p>	<p>Start a rock or shell collection.</p>	<p>Talk about or walk by the police station and discuss how the police help us.</p> 	<p>How many stuffed animals does your child have? Organize them from smallest to largest.</p>

August



Farm Safety:



1. Sometimes you have to “just say no” when they ask for a ride on the tractor; on an ATV without a helmet; to drive a machine; handle farm equipment or work with livestock before they are ready & adequately trained.
2. Teach young children that when they hear the machinery start up they go to and/or stay “in a safe place.”
3. Know where your kids are at all times.
4. Make sure children receive safety training before each activity and ensure they are age appropriate activities. Children are not small adults.
5. Children can learn to recognize and stay away from danger zones (grain bins, wagons, trucks, farm machinery) if you mark them with bright decals.

“ If children know eight nursery rhymes by heart by the time they are four years old, they are usually the best readers by the time they are eight. From rhymes children learn words, sentences, rhythm, rhyme and repetition, all of which they'll find later in the books they read.”

Mem Fox, Reading Magic, 2001



RHYME TIME!

The Wheels on the Bus

(can be adapted to “wheels on the car/van/truck”

The Wheels on the Bus go round and round

(sit on floor, make circles with hands)

Round and Round, round and round,

The wheels on the bus go round and round

All through the town

The people on the bus go up and down

(bounce up and down)

The wipers on the bus go swish, swish, swish

(move feet & hands back and forth)

The doors on the bus go open, shut,

(open and close arms against chest)

The money on the bus goes clink, clink, clink

(pretend to drop coins)

The babies on the bus cry “wah, wah, wah” (rub eyes)

The parents on the bus say

“sh-sh-sh” (place forefinger over mouth)

The horn on the bus goes beep, beep, beep

(pretend to honk horn)

The driver on the bus says, “Move on back!”...(point back wards)

Hit the Road: Trail Mix

Mix equal parts pretzels, cheerios, corn flakes, shreddie, raisins for a nutritious snack that you can take along on outings...Children learn to practice their counting and eye hand coordination when they measure, pour and mix.

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Play a game of hopscotch to practice hopping skills.

Take a basket each & go for a "treasure" walk. Afterwards, talk about all the "treasures" you both found.

Count out ten cheerios together, then count them again as you eat them.

Play a game, walk Backwards, forwards, sideways, etc.

Talk with your child about their favorite fruit; it's name, color, taste; where it grows

Save Popsicle sticks- make puppets by drawing people, animals, etc. -Cut out and glue them on.

Read a book about harvest and talk about where food comes from.

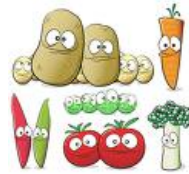


How many different shapes can your child make with 5 popsicle sticks?

Go bike/tricycle riding. (remember to wear your helmets)

Make a Playdate: talk about how your face shows how you or your friend is feeling.

Have vegetables for a snack.



Talk with your child about the rules and why rules are necessary.

Take a number of different sized containers to the bathtub. Which one holds the most, least.

Praise your child when they help you by telling them exactly what they did that was good.

Allow a few extra minutes at bedtime to-night to talk about your child's day.

Put a leafy celery stalk in colored water and watch what happens over the next few days.

Print a story together. You start, then ask your child to add something. Take turns to finish..

How many times can your child run around the outside of your house? Run & count together!

Talk about upcoming events or changing in routines.

Play Store: save empty cereal boxes, plastic containers, re-useable shopping bags, crayons & paper, purses & wallets. Make money & price tags

Playdough: roll into "snakes" and then shape into various letters. Spell your child's name with the letters.

Play a card game of "Go Fish" outside on a blanket or inside on a rainy day

Put a plastic container outside on a rainy day, see how much rain you collect. Talk about where it came from.

Go to the

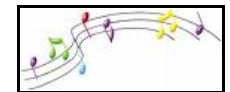


pool or beach.

Have your child snip a long strip of paper into pieces. Count how many they made.

Go to the museum in your town or nearby

Talk about the sounds that farm animals make, what are their babies called?

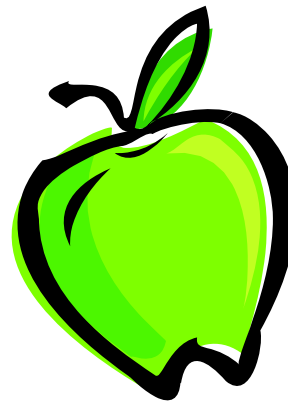


Sing your child's favorite song together very quietly and then loudly.

September

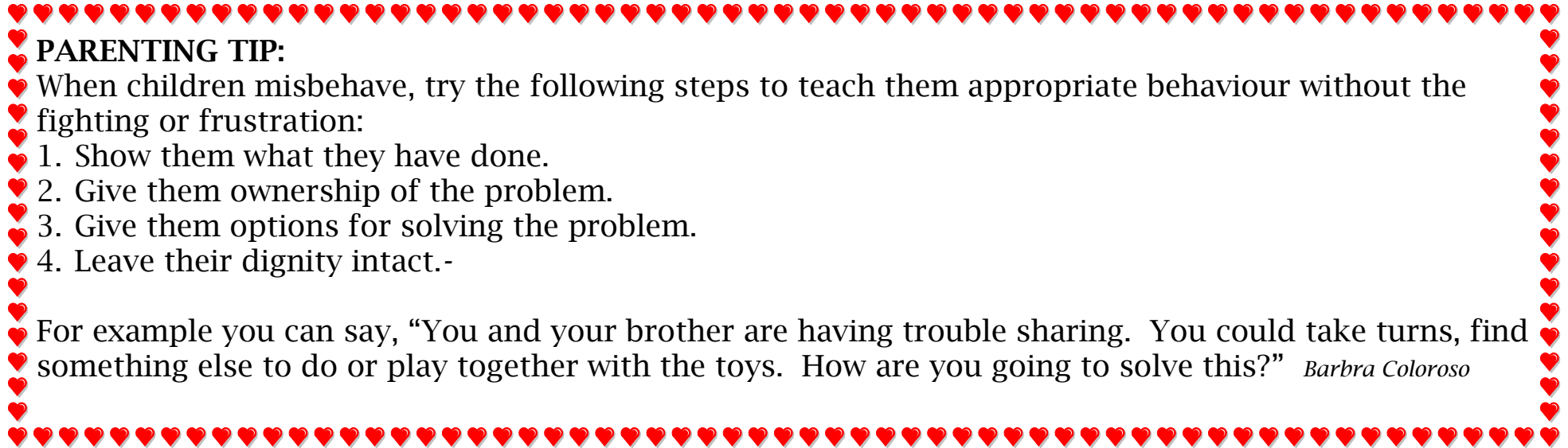
"Get up & Move!"

Use the stairs instead of elevators, take a walk after supper, play ball or ball hockey, soccer, swimming, rake leaves, if having to drive, park far from the entrance.



APPLE DIP

1 8 oz. pkg. cream cheese
1/2 cup brown sugar
1 tablespoon vanilla extract
In a medium bowl blend
Together and serve with apple
wedges.



♥ PARENTING TIP:

♥ When children misbehave, try the following steps to teach them appropriate behaviour without the fighting or frustration:

- ♥ 1. Show them what they have done.
- ♥ 2. Give them ownership of the problem.
- ♥ 3. Give them options for solving the problem.
- ♥ 4. Leave their dignity intact.-

♥ For example you can say, "You and your brother are having trouble sharing. You could take turns, find something else to do or play together with the toys. How are you going to solve this?" *Barbra Coloroso*



*Children need your love
Most When they deserve
it Least*

Rhyme Time: *"Zoom, Zoom, Zoom!!"*

*Zoom, Zoom, Zoom, we're going to the Moon!
Zoom Zoom, Zoom we're leaving very soon!
If you'd like to take a trip,
Hop a board my Rocket Ship!
(Pick child up)
10, 9, 8, 7, 6, 5, 4, 3, 2, 1.....
BLAST-OFF!!*

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<p>Ask your child to find 5 things that are bigger than his hand.</p>	<p>Make a leaf rubbing with crayons and Paper.</p> 	<p>Take a "silly walk" with your child. Make up "silly" steps as you walk.</p>	<p>Play the face game. Make faces to show angry, sad, silly, etc.</p>	<p>Challenge your child to make a salad for the family. Include at least one unfamiliar vegetable.</p> 	<p>Play catch with your child using a foam ball; start close and then move back as he improves.</p>	<p>Flip through Family Photo Albums and discuss the event / times, etc .</p>
<p>Read a story. Ask your child to point out objects you name in the pictures.</p>	<p>Go outside and kick a ball back and forth.</p>	<p>Practice deep breathing to relax the body at bedtime.</p>	<p>Arrange a play date for your child.. Plan a "Tea Party together."</p>	<p>Make a fruit salad together; you cutting, your child mixing. I nclude one unfamiliar fruit.</p>	<p>Help your child to learn to read "social cues" - make faces and ask him to tell you if you are happy, sad, mad, scared.....</p>	 <p>Have an afternoon cuddle time & share a favorite book together.</p>
<p>Have a supper of all finger foods.</p>	<p>Sit quietly with your child and close your eyes. How many different sounds do you hear?</p>	 <p>Draw a picture of your house.</p>	<p>Count the total number of ears on all the family members in the house.</p>	<p>Gather items like shoes and socks; forks and spoons, toothpaste and a brush. Mix them up and ask your child to find the things that go together</p>	<p>Sit down with your child and make a list of things to do when they say "there's nothing to do" . Post on the fridge.</p>	<p>Collect leaves while on a walk. Find the matching ones when you get back home.</p>
<p>Have your child help you unpack and put away the groceries.</p> 	<p>Make bathtub paint with 1/3 cup baby shampoo, 1 tbsp cornstarch, & food colouring.</p>	<p>Take turns tossing rolled up socks into the laundry basket.</p>	<p>Take a walk. How many signs of Autumn can you find?</p>	<p>Share a book with a favorite teddy bear or doll.</p> 	<p>Join your child in their pretend play.- cars, dolls, teacher, doctor etc.</p>	<p>Count the number of steps it takes to walk to a certain spot outside (i.e. the sandbox).</p>

October

Halloween Safety Tips:

1. Children should be accompanied by an adult.
2. Children should wear clothing that can easily be seen at night. Retro- reflective materials are best.
3. Children should trick or treat in one well-known area and not wander into unknown neighbourhoods.
4. All candy should be inspected by an adult to make sure that no one has tampered with it. If it looks suspicious, the police should be contacted.
5. Children should avoid stray animals.
6. Children should wear masks that do not interfere with vision. Better yet, they can avoid masks by wearing makeup.
7. Children should watch for moving vehicles when crossing streets.
8. Costumes should be short enough that the child will not trip.
9. Trick or treaters should dress appropriately for the weather and carry a flashlight.
10. For extra safety, organize a Halloween party for children in your neighbourhood.

RHYME TIME! “Jack-O-Lantern”

Five little jack-o-lanterns sitting on a gate.

The 1st one said, “It’s getting late.”

The 2nd one said,” I hear a noise.”

The 3rd one said, “ It’s only some boys.”

The 4th one said, “Let’s run, and run and run.”

The 5th one said, “It’s Halloween fun.”

Then OOOOOOO went the wind, and out went the light.

And away ran the jack-o-lanterns on Halloween night.



Uncooked Playdough :

*1 cup cold water, 1 cup salt
 2 tsp. Vegetable oil, 3 cups flour
 2 Tbsps. Cornstarch,
 Tempera paint or food coloring or kool-aid*

Mix water, salt, oil and coloring Ingredient to bake bright colors. Gradually work flour and cornstarch to consistency of bread dough.



**Helping Children Feel “Special” & Confident:
 Encourage Children to...**

- *Value their uniqueness*
- *Be Optimistic*
- *Have a Cheerful Attitude (Remember to set a good example)*
- *Try things their own way*
- *Understand that trying your best is more important than winning*
- *Learn from their mistakes*
- *Make decisions & work towards goals*
- *Take responsibility for their actions*
- *Face challenges and take risks*

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Let your child help you frost cupcakes with a small, plastic knife or Popsicle stick.

Visit the library with your child to get a new book.

Encourage your child to make a long line of blocks. Get a toy car & push it along the block "road."

Show your child how to dial 9-1-1 and discuss when this should be used

Have your child shine a flashlight on various objects and name them.



Ask your child to help you sort the laundry into the proper piles for washing.

Ask your child to make the correct sounds for various animals—dog, cat, cow, pig, etc.

Talk about something nice that you and your child could do for each other.

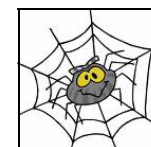
Place a beanbag on your child's and your back. Crawl around the room until the beanbag falls off.

Take a walk & see how many things you can find that are "beautiful."



Let your child practice cutting with old newspapers or magazines (use blunt scissors).

Go for a walk and collect leaves (2 from each tree). See if your child can find the matching ones when you get home.



Sing the "I tsy Bitsy Spider" song

Line up empty pop bottles & play bowling.

Read a story. Ask your child what they liked and didn't like about the story.

Let your child "accidentally" overhear you telling someone about something good he/she has done.

Call out three colours, animals, or body parts. If they match (red, red, red) the child runs, hops, or skips to a certain point. If not, they stand still.

Play "copy-cat"; you make a funny face & have your child copy it.

Read a story & then ask your child to tell what happened in her own words.

Add ice cubes to the bath and see what happens.

Have your child jump, skip, or dance, then call "statue" & have them freeze in that position.

Put four items on a tray. Let your child look, then cover his eyes. Remove one. Which one is missing?

Say "I'm going to Grandma's & I'm taking _____." Get your child to repeat what you said & add another item. Continue.

Make a play date.

Turn on the music & have a dance with a teddy bear.



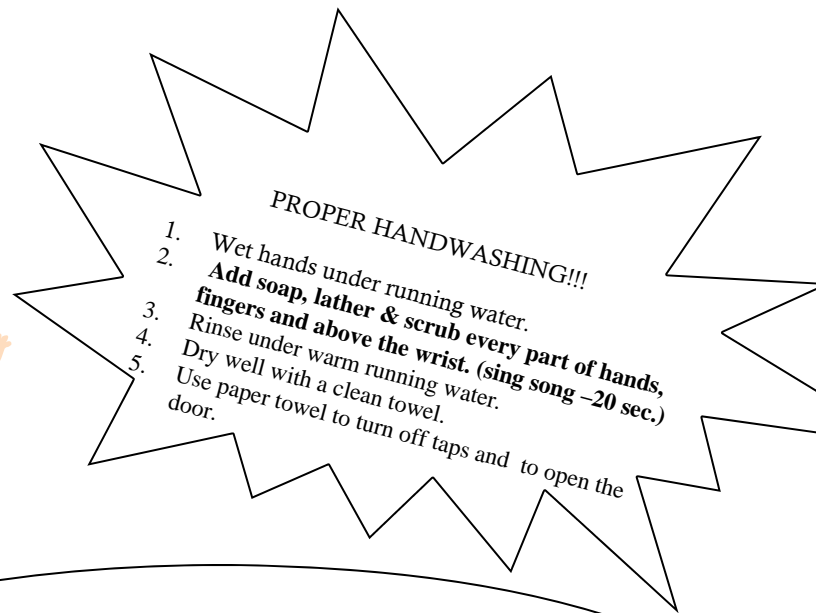
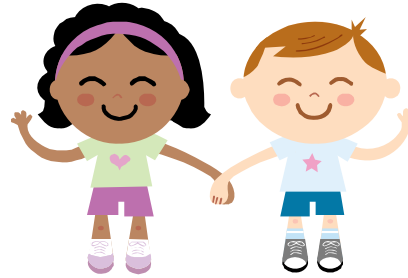
Discuss things that are important to remember to have a safe Halloween.

Use a paper towel roll as a telescope. Have your child name objects that they see through the telescope.

Shape a boat out of tin foil and float it in the tub. How many small toys can the boat hold without it sinking? Have your child guess before they try it!

November

National Child Day - 20th



PROPER HANDWASHING!!!

1. Wet hands under running water.
2. **Add soap, lather & scrub every part of hands, fingers and above the wrist. (sing song –20 sec.)**
3. Rinse under warm running water.
4. Dry well with a clean towel.
5. Use paper towel to turn off taps and to open the door.

PARENTING TIP:

Finding time to share with our children takes a conscious effort:

“I TOOK HIS HAND AND FOLLOWED”

*My dishes went unwashed today
I didn't make my bed
I took his hand and followed
Where his eager footsteps led.*

*Oh yes, we went adventuring
My little child and I
Exploring all the great outdoors
Beneath the sun and sky.*

*That my house was so neglected
That I didn't sweep the stairs
In twenty years no one on earth
Will know or even care.*

*But that I've helped my little child
To noble adulthood grow
In twenty years the whole wide world
May look, and see and know.*



RHYME TIME: (“Row. Row Your Boat” tune)

Wash, wash, wash, your hands...

play our handy game

Rub and scrub, scrub and rub, germs go down the drain HEY!

Wash, Wash, Wash your hands... play our handy game

Rub and scrub, scrub and rub, dirt goes down the drain HEY!

FLU Preventing Tips:

1. Teach proper Hand-washing Techniques:

Make it fun! - Play games and sing songs while lathering up.

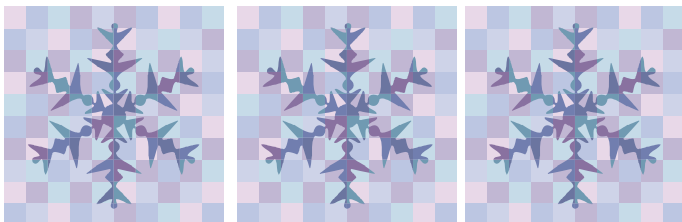
Use Liquid Soaps - easier for little ones to use. Let children choose their own soap with a favorite character or scent.

Lead by example - Children imitate what they see, so wash your own hands regularly and model good behavior.

2. Sneeze and cough into the crook of the elbow, not into the hands.

3. Regularly clean “often-used” surfaces like doorknobs, computer keypads and mouse, television controllers, and toys.

4. Avoid close contact with sick people. Limit contact with others when you are feeling ill to lessen the spread of germs.



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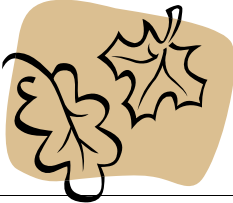



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<p>Make dotted letters and let your child connect the dots.</p>	<p>Take a sheet outside & do a leaf toss</p> 	<p>Have a Picnic Inside</p>	<p>Put clothespins around the outside of an ice cream pail and count them</p>	<p>Teach your child to do jumping jacks. Show them how to feel in their neck for their pulse.</p>	<p>Make finger paint: Boil 1/4 cup cornstarch & 2 cups water until thick. Have your child add food coloring. Paint together.</p>	<p>Ask your child to finish the sentence " I love my family because....." Print the answers and put them on the fridge</p>
<p>Make a tent between 2 chairs. Ask your child what they would take if they were going on a camping trip.</p>	<p>Teach your child when their birthday is.</p>	<p>Play Follow my leader outside</p> 	<p>Talk about fire safety and practice what you would do if there was a fire in your home.</p>	<p>Show the importance of brushing teeth. Put an egg in coke over night. Use toothpaste to brush off the stain.</p>	<p>Have your child pick a story book & "read" you the story.</p> 	<p>Fill 3 glasses with different amounts of water. Make music by playing them with a spoon.</p>
<p>Throw a number of shoes together and have your child find / match the pairs.</p>	<p>Make bean bags by placing uncooked beans in a sock & tying it. Toss the bags into a tub or laundry basket.</p>	<p>Science fun! Have your child add 1 tsp baking soda to 1/2 cup vinegar to make a "volcano."</p>	<p>Show your child the four suits in a deck of playing cards. Have them divide the cards into suits</p>	<p>Share your family photo album with your child</p>	<p>Put a long strip of masking tape on the floor and teach your child to walk " the tightrope".</p>	<p>Arrange a play date for your child.</p>
 <p>Learn a new Nursery Rhyme</p>	<p>Have your child paint with shaving cream and paint</p>	<p>Draw or doodle to calming music</p>	<p>Walk on Bubble wrap</p>	<p>When grocery shopping, find items that begin with "b"</p>	<p>At suppertime, have everyone in the family share about something interesting that happened in their day.</p>	<p>See how high your child can jump. -Measure their height against a wall or door jam.</p>



December

“Buckle Up for Safety”




CINNAMON POPCORN



PARENTING TIPS:

- **Make** travel safe by ensuring your child is in their car seat or booster seat.....**80% of children are buckled incorrectly..**
- Your local EMS is likely to have someone trained as a Car Seat Technician to give you free advice on how to ensure your children are in the right car seat/booster for their size and that it is correctly installed.
- **Keep** an activity bag in the vehicle with you and supply one toy, book or activity at a time. Change the contents in the bag to keep it interesting.
- **Keep** a winter safety kit and extra blanket in the vehicle when travelling in winter.

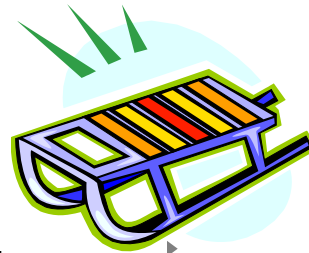
- 1/4 cup butter, melted
- 2 tablespoons honey
- 1 teaspoon cinnamon
- 10 cups popped corn
- Melt butter over medium heat.
- Remove from heat and stir in honey and cinnamon. Drip slowly over popcorn and toss well.
- Makes 8 cups



“Your children need your presence more than your presents.”

—Jesse Jackson

Traditions help to make families stronger and can be a way of bringing families together (ie: decorating tree / decorating cookies / songs / games / donating to Christmas Cheer board / skating / skiing / sledding)



RHYME TIME!

Mittens, Mittens for the snow

**When the world was white
Mittens for my two hands
(hold up hands)**

**Mittens left and right
(show left & right hands)**

**Mittens with a thumb place
(show thumb)**

Mittens warm and snug

Mittens makes me feel like a bug inside

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<p>Make up a supper menu with your child & then cook it</p>	<p>Mix different colors of paint together and talk about the new colors you make</p>	<p>Make a ball out of newspaper and toss it to each other</p>	<p>Put a long string of masking tape on the floor and practice walking along it</p>	<p>Try painting on Aluminum foil</p>	<p>Have your child name three things she likes about win-</p> 	<p>Using a heavy adult jacket with a heavy zipper, have your child practice zipping the jacket up</p>
<p>Have your child help to clear the table after dinner.</p>	<p>Make the first letter of your child's name in masking tape on the floor. Walk along the shape.</p>	<p>Sit in front of a mirror with your child in your lap—make funny faces at each other in the mirror.</p>	<p>Make a kazoo: Fold a piece of wax paper over a comb. Press against your child's lips and have him hum a song.</p>	<p>Read a familiar story with your child. Leave out the last word in a sentence and see if your child can fill in the missing words.</p>	<p>Help your child cut numbers out of an old calendar and glue them on paper. Start with number "1" then "2", and so on.</p>	<p>Make a feely box, inserting various items of different textures in the box for your child to guess what it is by feeling it</p>
<p>Turn on the music so your child can draw or paint to the beat. Vary the music so there is slow and fast music.</p>	<p>Talk with your child about some fun times they can remember from the past...use family photos to help them remember.</p>	<p>Make your own Christmas wrapping by coloring on newsprint using crayons or markers.</p>	<p>Throw a number of shoes together and ask your child to find the pairs (the ones that are the same).</p>	<p>Make a collage with fabric scraps, yarn, cotton balls, magazine pictures etc.</p>	<p>Arrange the kitchen chairs to make a bus. Take dolls and bears on a bus trip.</p>	<p>Take your child grocery shopping and have them help by putting things in the cart.</p>
<p>Using a chair, take turns telling each other where to be: in front of; behind , beside, under or on the chair.</p>	<p>Have your child help make a grocery list by pasting labels of favourite things. When you go shopping they can "read" the list to you.</p>	<p>Tell stories around the Christmas Tree with only the Christmas lights on</p> 	<p>Take turns balancing a small ball on a soup spoon. How far can you both walk without letting the ball fall?</p>	<p>Place a turkey or chicken bone in vinegar and see what happens</p>	 <p>Tell your child 3 things that make them special</p>	<p>Have your child tell you what body part to wash next while bathing.. Sing " this is the way we wash" leg, hand, toes, tummy etc.</p>

Community Resources:

Public Health Nurse: _____

Health Links: _____

Library: _____

RCMP: _____

Fire: _____

Poison Control Centre: _____

WEB SITES: