December 2018

1. Visit the library. Ask the librarian about programs for preschoolers.
2. Look in the newspaper for a list of festive events. Plan to attend one as a family this month.
3. Ask your child questions about the uses for common items. What is a broom for? What do we do with spoons?
4. Talk with your child about what happened today. Help him find or draw a picture of an activity he did. Post it on the refrigerator.
5. Cut a piece of string into three pieces. Can your child arrange them from shortest to longest?
6. Make sure your child knows her street address. Look at the house or building number together.
7. Give your child some extra bath time. Supervise while he plays in the water with plastic pitchers, cups and spoons.
8. Have your child draw a picture of something often seen in winter.
10. Encourage independence. Establish rules to guide your child in getting her own snack or drink of water.
11. Hang a calendar where your child can see it. Each morning, mark the day with a smiley face.
12. Give your child a variety of household objects and ask him to sort them by color or size.
13. Can your child think of a different ending to a favorite story?
14. Play a game of Follow the Leader. Take turns leading and following and talk about what these words mean.
15. At the library, check out books about a subject that interests your child.

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16. Have a counting day. Count stairs as you and your child climb them, cars as they pass, animals as you spot them.
17. Use cotton balls to have an indoor “snowball fight” with your child.
18. Spend 30 minutes reading together. Let your child pick the books.
19. Look at baby pictures of your child with her.
20. If your family will be traveling this month, pack a bag of toys to keep your child entertained. Give them to him one by one.
21. Sing favorite songs with your child today.
22. Have your child talk to older relatives about their childhood days.
23. With your child, look for the number 4 everywhere you go today.
24. Ask your child to draw a picture of today’s weather.
25. Today and every day, tell your child you love her.
26. Tell your child family stories you remember from your childhood.
27. Play School with your child.
28. Remove three items from your purse or pocket. Show them to your child. Put them away. Can he recall them?
29. Write instructions on pieces of paper, such as “hop on one foot.” Take turns drawing them out of a hat and following them.
30. Encourage your child to draw a self-portrait.
31. Talk with your child about favorite things she can remember from the past year.
January 2019

- 1. At breakfast, have family members take turns thinking of at least two things they like about themselves and why.
- 3. Make a list of three fun things to do or try as a family this year.
- 4. Set out different sizes of pots and lids. Ask your child to put the lids on the matching pots.
- 5. Choose a special place to display your child’s artwork.
- 6. Wrap masking tape sticky-side out around your child’s fingers. Let him use his “sticky hand” to pick up light objects.
- 7. Sprinkle glitter, oatmeal or sand on finger paint. Let your child make textured designs with her fingers.
- 8. Sing a silly song with your child today.
- 9. Brainstorm with your child about fun things to do in the winter.
- 10. Talk with your child about honesty and why it is so important. Point out examples of people who demonstrate honesty.
- 11. “Catch” your child being good today. Make your praise specific.
- 12. When you read aloud, choose an exciting place to stop. Ask, “What do you think will happen next?”
- 13. Help your child stretch balloons over flashlights to create colored light. What happens when you mix the colors?
- 14. Cover the illustration on a page of a book. Read the page to your child. Can he guess what’s in the picture?
- 15. Try a “new” food with your child.
- 16. Let your child draw on paper towels with washable markers. Spray the towels with water. Watch the colors blend.

February 2019

- 1. Mix up all of the shoes in your closet. Challenge your child to match them back into pairs.
- 2. Start a chain of hearts. Cut out small paper hearts. Each day, write a reason you love your child on one and attach it to the chain.
- 3. With your child, build something with blocks, such as a barn or tower.
- 4. Sing “Old MacDonald Had a Farm” together and take turns doing the animal sounds.
- 5. Let your child use shaving cream to make shapes in the bathtub.
- 6. Take turns telling a story. Say, “There once was a family who lived in a ________.” Your child fills in the blank.
- 7. With your child, practice walking sideways today.
- 8. Involve your child in a job you have been meaning to do. Organizing toys is a great idea.
- 9. Talk about the four seasons and things that make each one different. Ask your child to tell you her favorite season.
- 10. Ask your child to tell you about something he loves.
- 11. Paint pictures with your child using only black and white paints.
- 12. Call your local fire station and ask if they can schedule a visit with your child.
- 13. Ask your child to tell you about something he loves.
- 14. Talk about the meanings of first and last. Have your child touch the first and last objects in a row.
- 15. How many animals can your child think of that have fur?

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- 17. Hide a treat in your home and place clues for finding it. Each clue should be a picture showing where your child will find the next clue.
- 18. Assign your child a special job, such as sorting freshly washed socks. It’s never too early to learn responsibility!
- 19. Talk about winter with your child. Make a list of things that are cold.
- 20. Write a letter of the alphabet. Think of things that begin with that letter and have your child draw some of them.
- 21. Have your child stand on one foot. Count how long she can balance.
- 22. Help your child make musical instruments from household items.
- 23. Read your child a story that rhymes.
- 24. Spray shaving cream on a cookie sheet. Show your child how to use his finger to write the letters of his name.
- 25. Have a No TV Night. Put on some music and get moving instead.
- 26. Have your child look through newspapers, magazines and catalogs to find pictures of different forms of transportation.
- 27. Ask your child’s opinion about something. If possible, take her advice.
- 28. Play Opposites. Say a word. Can your child tell you its opposite?
- 29. Write down questions your child asks that you don’t know the answer to. Together, look for answers on your next trip to the library.
- 30. Today, talk about what your child can do “all by myself.”
- 31. Help your child practice tying his shoes.

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