1. Ask your child, “What would you do if you were the parent for a day?”
2. Watch an educational show or video with your child. Afterward, talk about what is real and what is pretend.
3. Help your child turn an old sock into a hand puppet.
4. Talk with your child about animals he might see in a zoo. What do they eat? Where do they sleep? Are they dangerous?
5. List four adjectives, such as soft, small, heavy and round. Can your child find items that match these descriptions?
6. Discuss the meaning of today, yesterday and tomorrow with your child.
7. Read to your child from a book of poems for children. Check out titles by Shel Silverstein and Jeff Foxworthy.
8. With your child, estimate how many bowls of cereal you can pour from one box. Then keep track until the box is empty.
9. Have an A-1 day! With your child, look for the letter A and the number 1 everywhere you go.
10. Decorate a shoebox to make a treasure chest. Fill it with small treats. Hide the box and send your child on a treasure hunt.
11. Make “art in the round.” Have your child draw a picture on paper. Roll it into a cylinder with the image facing out and tape the ends.
12. Young children thrive on routines. Make sure your child has a familiar, soothing bedtime routine.
13. Spend some time playing on the floor with your child.
14. Help your child make a get-well card for a friend or relative who is feeling under the weather.
15. Give your child a gift certificate good for one special activity with you.
16. Trace your child’s hand on paper. Ask your child to think of ways to be a helping hand. Write her ideas on the drawing.
17. Read a story and ask your child to illustrate it.
18. Help your child learn to identify coins (under your supervision).
19. Draw a map of your neighborhood. Let your child color it.
20. Let your child try to write letters with fun materials, like cooked spaghetti or glitter glue.
21. Gather a variety of your child’s toys. Ask him to sort them by size.
22. Play a board game as a family this evening.
23. Teach your child a nursery rhyme.
24. Sing your child’s favorite song together.
25. Let your child pick a color. Together, hunt for it throughout the house.
26. Have your child close her eyes. Jingle your keys, or make another familiar sound. Ask her to guess what you are doing.
27. Help your child use his body to form letters.
28. Give your child an empty plastic bucket and a wooden spoon. Let her tap on her “drum” along with the beat of music that’s playing.
29. Talk about opposites: light and dark, over and under.
30. Encourage your child to draw a self-portrait.
31. Measure and weigh your child today. Teach him about inches and pounds.