
1. With your child, invent a special holiday just for your family.
2. Encourage your child to start a journal this year.
3. Have your child name a food she loves. Help her learn more about where it comes from.
4. Make an appointment to spend some one-on-one time with your child this month. Write it on your calendar.
5. Ask your child to help you plan three healthy breakfasts.
6. Encourage your child to be a critical TV viewer. Watch programs with him and ask questions like, “Why do you think the character did that?”
7. Play a card game such as Go Fish with your child.
8. If you don’t have time to read to your child at night, read in the morning instead. It’s a real “power breakfast.”
9. What is your child’s favorite time of year? What does she like about it?
10. Have your child draw something that happened in school today. Then talk about it.
11. Ask your child about the qualities he looks for in friends. Talk about why values are important.
12. Have your child help you organize something, such as a closet.
13. Compliment your child on a recent accomplishment.
14. Model good manners for your child. Say, “Please pass the ...” and “Thank you very much.”
15. Watch a funny video with your child. Then have her draw a comic strip showing what it was about.
16. Pick a category, such as colors. Have your child pick a letter. How many colors can you each name that begin with that letter?
17. Help your child record herself reading a story.
18. Watch a TV show with the sound off. Ask family members to make up the dialogue.
19. Teach your child to make paper snowflakes.
20. Encourage your child to sort his books by subject.
21. Help your child make an “I am special” scrapbook. Add photos and mementos throughout the year.
22. Ask your child to measure the dimensions of objects in your house. How many six-inch long items can she find?
23. Pretend to go back in time with your child. Reenact an event together.
24. Ask your child to help you do a household chore today. Remember to thank him when he finishes.
25. Plan a weekend activity the whole family will enjoy.
26. In the car, ask your child to add up the numbers on the license plates she sees.
27. Have family members try doing activities with the hand they don’t favor.
28. Teach your child how to sew on a button.
29. Allow a few minutes after the light is off at bedtime for quiet conversation with your child.
30. Have your child teach you something he is learning in school.
31. Read a story to your child. Later, ask her to retell it from memory.

Copyright © 2019 The Parent Institute®, a division of PaperClip Media, Inc. • May be reproduced only as licensed by Helping Children Learn® newsletter • 1-800-756-5525