

# Parent & Child Activity Calendar

Early Childhood

First Step Pre-School



THE PARENT INSTITUTE®

September • October • November 2017

## Parent & Child Activity Calendar

Early Childhood  
**Parents**  
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>September 2017</b>					<b>1</b> Take your child outside for a "listening minute." Close your eyes and take turns naming the sounds you hear.	<b>2</b> Let your child pick out some school supplies today, whether he is starting preschool or not.
<b>3</b> Play a game of Follow the Leader with your child. Take turns leading and following and talk about what those words mean.	<b>4</b> Give your child several household objects and ask her to line them up from smallest to largest.	<b>5</b> To encourage independence, give your child guidelines for getting his own snack or going out to play.	<b>6</b> Glue a photo of a family member on a sheet of paper. Have your child decorate around it with drawings.	<b>7</b> Let your child practice using the telephone. Help her call a friend or relative.	<b>8</b> Fill glasses with different amounts of water. Have your child tap them with a metal spoon and listen to the different tones.	<b>9</b> In the morning, help your child find three of his favorite books. Read all of them sometime today.
<b>10</b> Create an obstacle course for your child. She could go around a chair, under a table, or through a box.	<b>11</b> Make an effort to reinforce manners today. Remind your child to say <i>please</i> and <i>thank you</i> .	<b>12</b> Remove three items from your purse or pocket. Show them to your child, then put them away. Can he name them?	<b>13</b> Talk with your child about the day's events. Have her draw a picture that describes her day. Post it on your refrigerator.	<b>14</b> Stretch a rope on the ground. Show your child how to jump over it from side to side.	<b>15</b> Talk with your child about shapes. Ask him to name the shapes of the different road signs he sees.	<b>16</b> Plant a fall flower, such as a mum, with your child. Or plant bulbs that will come up in the spring.
<b>17</b> Collect leaves, bark, sticks and branches with your child. She can glue them to paper to make a tree.	<b>18</b> Fill a jar with small items. Ask your child to guess the number of items. Then count them together.	<b>19</b> Assign your child a special job. It's never too early to learn responsibility!	<b>20</b> Discuss some of the weather changes that take place in the fall. (Days are colder and shorter.)	<b>21</b> Tell your child family stories from when you were a child.	<b>22</b> Have a family movie night. Talk about what was real and what was pretend in the movie.	<b>23</b> Give your child some extra tub time today. Throw in some plastic containers, measuring spoons and funnels.
<b>24</b> Read three poems with your child today.	<b>25</b> Hide an object and give your child three easy clues to find it. Praise him for following directions when he finds it.	<b>26</b> Create "leaf impressions." Have your child place paper over some leaves and rub over the paper with crayons.	<b>27</b> With your child, wash your hands before each meal. Talk about the importance of frequent hand washing.	<b>28</b> Ask your child <i>how</i> and <i>why</i> questions. They require reasoning.	<b>29</b> Make today a counting day. With your child, count the stairs as you climb them, cars as they pass, stars as you spot them.	<b>30</b> Help your child clean out his closet. Pass on gently-used toys or clothes to other families.

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<b>1</b> Challenge your child to make shapes or letters with her body. Can she spell her name?	<b>2</b> Say a word and see if your child can tell you its opposite.	<b>3</b> Think about the rules you have for your child. Are they appropriate for his age? If not, make some adjustments.	<b>4</b> Start a family savings jar. Family members can decide on a goal and how each will contribute.	<b>5</b> Keep a library basket as a home base for library books. You'll save money on overdue fines!	<b>6</b> Have a word of the day. Challenge family members to use it in a sentence. Make this a daily habit.	<b>7</b> Visit the library with your child to check out some books. Enjoy reading them together.
<b>8</b> Look through a calendar together and point out some special days, such as your child's birthday.	<b>9</b> Talk about honesty and why it is so important. Point out examples of people who demonstrate honesty.	<b>10</b> Write a short word on a piece of paper. Ask your child to mold the shape of the letters with clay or play dough.	<b>11</b> Collect some interesting containers, packing materials, yarn, glitter, etc. Save them for a rainy day art session.	<b>12</b> Play a game of charades with your child. Use hand gestures and motions to describe your word.	<b>13</b> Measure and weigh your child today. Teach her about inches and pounds.	<b>14</b> Create an art gallery. Frame and hang your child's artwork. Rotate the work on display frequently.
<b>15</b> Show your child how to string a macaroni necklace. Have him count each piece as he strings it.	<b>16</b> Point out the patterns on fabric to your child. Recognizing patterns is a necessary skill for math and reading.	<b>17</b> Ask your child to tell you three things she likes about herself.	<b>18</b> Place a small object on a piece of paper. Let your child paint over it, then remove the object to see the design.	<b>19</b> Read a story to your child using a different voice for each character.	<b>20</b> When you serve food, talk about how you divide it. "There are two of us and one apple. We'll cut it into halves."	<b>21</b> Put on music and spend 15 minutes drawing or writing with your child. Let the music be your inspiration.
<b>22</b> Involve your child in a job you have been meaning to do. Organizing toys is a great idea.	<b>23</b> Have a pretend phone call with your child. Talk about what he did yesterday and what he wants to do tomorrow.	<b>24</b> Set aside time every day for reading aloud. Sometimes, let your child read to you.	<b>25</b> Walk together in different ways to different kinds of music. Walk slowly, quickly, lightly, heavily, on tiptoes, etc.	<b>26</b> Have your child follow three-step directions, such as, "Go inside, take off your shoes and put them in the closet."	<b>27</b> Help your child make a get-well card for a friend or relative who is feeling under the weather.	<b>28</b> Set aside some time to spend one-on-one with your child today.
<b>29</b> Place a sheet of paper in a box. Dip a marble in paint, drop it in the box and have your child roll it around to make a design.	<b>30</b> Write a letter of the alphabet. Think of things that begin with that letter and have your child draw some of them.	<b>31</b> Make a list of colors with your child. Try to find one item of each color in your home.	<h1>October 2017</h1>			

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<h1>November 2017</h1>						
<b>5</b> Ask your child to draw a picture of herself today. Was she feeling happy, sad, angry, confused?	<b>6</b> Look in a mirror with your child. Ask, "What color are your eyes? Your hair? How many hands do you have?"	<b>7</b> Allow a few minutes after the light is off at bedtime for some quiet conversation with your child.	<b>8</b> Give your child an empty plastic bucket and a wooden spoon. Let him tap the beat to music on his "drum."	<b>9</b> Watch or read the weather forecast together today. Show your child the hottest and the coolest locations on a map.	<b>10</b> Start a made-up story. "A dog walked down the road and he met a ... ." Let your child finish the story.	<b>11</b> Have a jump rope contest today. See how many jumps your child can do in a row.
<b>12</b> Gather some floating and sinking objects. Supervise as your child tests which items will float in water.	<b>13</b> Cover up the illustration on a page of a book. Read the page aloud. Can your child guess what's in the picture?	<b>14</b> Talk with your child about something she has done well today.	<b>15</b> Have your child close his eyes. Make a sound by crumpling up a piece of paper. Can he guess what you are doing?	<b>16</b> Read a book that you and your child can both enjoy.	<b>17</b> Decorate a shoebox to make a treasure chest. Fill it with small treats. Hide it and challenge your child to find it.	<b>18</b> Trace your child's hand on paper. Help her think of ways to be a helping hand. Write her ideas on the drawing.
<b>19</b> Take out your child's baby book and look through it with him.	<b>20</b> Cut straws into different lengths. Encourage your child to line them up shortest to longest.	<b>21</b> Tonight, have a family sing-along. Ask family members to share their favorite songs.	<b>22</b> Ask your child what she would do if she were invisible for an entire day.	<b>23</b> Make a list of all the things that make your family members thankful.	<b>24</b> Ice skate in the kitchen with your child. Wearing socks, pretend you're on the ice. Be careful!	<b>25</b> Have an indoor picnic. Spread a blanket on the floor and play music. Let your child help prepare the food.
<b>26</b> Head outside and enjoy some physical activity as a family today.	<b>27</b> Write your child's name on construction paper using glue. Let him stick cereal or beans on the wet glue.	<b>28</b> Boost thinking skills and creativity by asking your child unusual questions: "What if your hair were made of spaghetti?"	<b>29</b> Send your child something through the mail.	<b>30</b> Today, share something of yours with your child. It's the best way to teach her to share with others!		