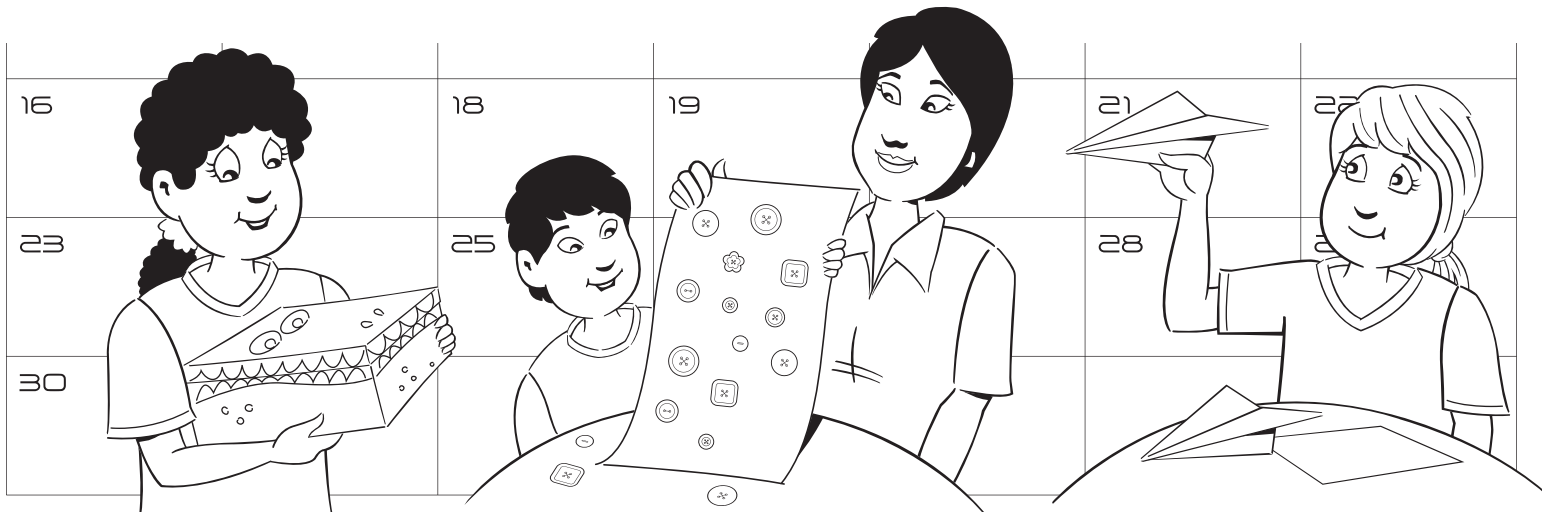


Activity Calendar

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Midwest Regional ESC



THE PARENT INSTITUTE

March • April • May 2017

Parent & Child Activity Calendar

Early Childhood
Parents
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
March 2017			1 Look at a calendar with your child and discuss how many days are in each month.	2 When your child asks a question you don't know the answer to, write it down. Keep a list of questions to look up together later.	3 It's the birthday of Alexander Bell, inventor of the telephone. Teach your child how to take a phone message.	4 Keep the TV turned off today. Let your child choose alternate activities to do as a family.
5 Go to a nearby park or running trail. Everyone run like the March wind!	6 A good breakfast helps kids learn. Start your child's day with a healthy breakfast at home or at preschool.	7 Show your child how long one minute is. How many times does he think he blinks in one minute? Set a timer to find out!	8 Make up trivia questions about your family. Quiz one another at the dinner table.	9 Play a game of tic-tac-toe with your child.	10 Ask your child how the sun helps us. <i>Feeds plants, keeps us warm.</i> Can it harm us? <i>Sunburn.</i>	11 Mix 1 cup cornstarch and ½ cup water in a bowl. Squish it and it becomes solid. Let it sit and it turns back into a liquid.
12 Make a photo puzzle. Glue paper to the back of a photo and then cut it in several pieces. Can your child put it together?	13 Tell your child a riddle. "I love to bark and wag my tail. What am I?" Ask her to make up a riddle for you.	14 Tell your child a story. Ask him to listen for one word, such as <i>dog</i> , and to clap each time he hears you say it.	15 Put bright yarn and fabric scraps in a mesh bag. Help your child hang the bag on a tree. See if birds take some to build a nest.	16 Bounce a ball to teach counting. Have your child bounce once and say <i>one</i> . Bounce twice and say <i>one, two</i> .	17 Place light and heavy objects on the floor. Have your child blow on each one. Which blow away?	18 Visit the library today. Sit in a cozy chair in the children's section and read a few books together.
19 Tonight, talk with your child about the week ahead. Plan to do this every Sunday night.	20 A rebus is a story that replaces some words with pictures. Make a rebus with your child.	21 Trace your child's shoe on paper. Have her use crayons to turn the tracing into a funny picture.	22 Read a story together. In the middle of the story, ask your child how he would end it.	23 Draw a face on each of your child's index fingers with washable marker. Have her retell a story using her puppet fingers.	24 Celebrate your child's accomplishments with a "can-do" list. "John can: run, count to 10, zip his coat." Post the list.	25 Exercise with your child today. Try to touch your toes, do sit-ups, run in place or stretch your arms and legs.
26 Ask your child to look outside three times today and describe the weather with words such as <i>sunny, cloudy</i> or <i>rainy</i> .	27 Play animal charades. Imitate an animal and have your child guess what you are pretending to be.	28 Give your child three pictures that show different steps in a process. Ask her, "Which came first, second, last?"	29 Wrap masking tape sticky-side out around your child's fingers. Let him use his "sticky hand" to pick up small light objects.	30 Give your child a ball. Ask her to place it <i>on</i> the table, <i>under</i> the table, <i>next</i> to the table and <i>in front</i> of the table.	31 Hide a small toy in a box and tape on the lid. Ask your child to shake the box and guess what's inside as you give clues.	

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<h2>April 2017</h2>						<p>1 Teach your child the rhyme: "April showers bring May flowers." Have him draw a picture of rain and flowers.</p>
<p>2 Create a costume box for your child. Add yard sale treasures such as gloves, hats and shoes.</p>	<p>3 Give your child modeling dough, a rolling pin and cookie cutters. Let her roll out the dough and cut out "cookies" from it.</p>	<p>4 Talk about the difference between pets and other animals. Ask your child if a dog make a good pet. How about a tiger?</p>	<p>5 Show your child a new shape today. If he already knows the basics, introduce a hexagon (six sides) or octagon (eight sides).</p>	<p>6 Talk about good and bad feelings. Have your child give examples of actions or words that make her feel good or bad.</p>	<p>7 Set out different sizes of pots, along with their lids. Ask your child to put the correct lid on each pot.</p>	<p>8 Join your child for a few minutes of pretend play today. If he wants to be the doctor, you pretend to be the patient.</p>
<p>9 Use a permanent marker to mark off inches on the side of a jar. Set the jar outside. See how many inches of rain fall this week.</p>	<p>10 Talk about honesty and why it is so important. Find examples of people who demonstrate honesty.</p>	<p>11 Encourage your child to look at a familiar thing in a new way. A small box can be a doll's bed; a cereal box can be a house.</p>	<p>12 Talk with your child about different types of transportation: cars, boats, bikes, airplanes, trains, buses, etc.</p>	<p>13 Play "Silly Simon Says." Ask your child to pick up a block without her hands, or to talk without opening her mouth.</p>	<p>14 Have your child name five foods that help him grow and two foods that taste good but do not help him grow.</p>	<p>15 Play with stuffed animals. Have an animal ask your child her name, age, and other facts she should know.</p>
<p>16 Does your child need new books? Organize a neighborhood book swap.</p>	<p>17 Show your child photos of himself at different stages of life. See if he can tell in which photo he was youngest.</p>	<p>18 Allow your child to use an adult tool, with your supervision. A flashlight is a great tool for beginners.</p>	<p>19 Emphasize the concepts of <i>now</i> and <i>later</i>. Say, "Now we'll clean up. Later we'll eat dinner."</p>	<p>20 Paste a magazine picture on cardboard. Punch holes in the picture. Have your child thread a shoelace through the holes.</p>	<p>21 Let your child help you prepare a healthy meal.</p>	<p>22 Have a 20-minute D.E.A.R. time (Drop Everything And Read).</p>
<p>23 Give your child a hug today.</p>	<p>24 Give your child four measuring spoons. Ask her to line them up from biggest to smallest. Then nest them one inside another.</p>	<p>25 Talk to your child about the things he does with his body: walk, eat, smell, throw. Which body part does he use to do them?</p>	<p>26 Ask your child questions that require more than a <i>yes</i> or <i>no</i> answer: "What was your favorite part of the story?"</p>	<p>27 Read a poem aloud. Stop to let your child guess what the next rhyming word will be.</p>	<p>28 At dinner, have each family member say something nice about every person at the table.</p>	<p>29 Have your child look for buried treasure. Make a map that leads to a small treasure and have him follow it.</p>
<p>30 Sing a silly song with your child today.</p>						

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1 It's May Day! Help your child make a bouquet of real or paper flowers. Take them to an elderly neighbor.</p>	<p>2 Have your child hold her nose while she eats. Does it affect the taste of the food?</p>	<p>3 As you do errands, help your child talk with people about the jobs they do.</p>	<p>4 Help your child pour rice or water from one container to another.</p>	<p>5 It's Cinco de Mayo. With your child, learn about why this holiday is celebrated in Mexico.</p>	<p>6 It's Physical Fitness and Sports Month. Look for a new physical activity you can enjoy together as a family.</p>
<p>7 Encourage your child to put on a talent show or puppet show. You provide the applause.</p>	<p>8 Ask your child questions about the use of common things. What is a house for? What do we do with spoons?</p>	<p>9 Help your child measure something with a ruler. Count the inches together.</p>	<p>10 Spray shaving cream on a counter and let your child draw in it. This gets fingers ready to write letters.</p>	<p>11 Take turns telling a story. Say, "There once was a family who lived" Have your child finish the sentence.</p>	<p>12 Take your child to a playground where he can run, jump and climb safely. These are important motor skills.</p>	<p>13 At the library, check out an audio book to listen to with your child.</p>
<p>14 Play a game with your child today. It can be an active outdoor game or a quiet board game.</p>	<p>15 Help your child name each of the five senses and what people use them for.</p>	<p>16 Choose a book with lots of pictures. Have your child tell you the story based on the illustrations.</p>	<p>17 Have your child close her eyes and tell you everything she hears.</p>	<p>18 Call your local library and find out when the next children's event is. Mark it on the calendar and plan to attend.</p>	<p>19 Look at some family photos together. How many relatives can your child name?</p>	<p>20 Invite a friend to play with your child. Encourage your child to share and take turns.</p>
<p>21 Take a walk with your child and use your senses to observe the world around you.</p>	<p>22 Have your child look at his reflection on the back of a spoon. How does it make him appear?</p>	<p>23 Write your child a message in a secret code. Draw an eye, then a heart, then the letter U.</p>	<p>24 Expect your child to pick up toys after play time. Turn on some "clean-up time" music!</p>	<p>25 Sing "Old MacDonald Had a Farm" together and take turns doing the animal sounds.</p>	<p>26 Play catch with your child. Stand close together and toss a large (but light) ball back and forth.</p>	<p>27 Visit a zoo or park. Observe some animals. Ask your child to walk like each animal does.</p>
<p>28 Go on a picnic with your child. After eating, stretch out on a blanket and read together.</p>	<p>29 Stand your child against a wall. Use a spoon as a ruler and see how many "spoons" tall she is.</p>	<p>30 Help your child practice cutting with safety scissors. Have him cut in a straight line and then a curve.</p>	<p>31 Look through a magazine with your child. Name three objects for her to find in the photographs.</p>	<h2>May 2017</h2>		

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