

# #TALKINGISTEACHINGTIPS CALENDAR



Talk, read, and sing with your children every day! Simple interactions like the ones below can help boost children's brain and language development, setting them up for success in school and beyond. Please share photos of your family talking, reading, and singing using the hashtag **#TalkingIsTeachingTips**.

- 1 Let's sing together! Make up a special lullaby with your little one and make it a part of your bedtime routine together.
- 2 Regular nighttime routines are important for little one. When you find a routine that works best for you and your little one, try to stay consistent with it each night.
- 3 Let's look at the stars! Go outside with your little one at night and count the stars you see in the sky.
- 4 Read from birth! Cuddle with your baby and read a story each night before bed.
- 5 Observe the phases of the moon with your child (crescent, half moon, full moon). Use your imaginations and talk about what it would be like to travel to the moon!
- 6 Go to the library with your child and find books about the stars that you can read together.
- 7 Hoot hoot! Talk with your baby about nocturnal animals. You can explain, "Nocturnal means active at night." Owls are nocturnal. What other animals are awake in the nighttime?
- 8 As you do laundry, play a game of finding the matching pairs of socks with your baby.
- 9 At the grocery store, give your baby an apple to hold in each hand. Ask, "Which is heavier? Which is lighter?"
- 10 As you're driving or riding the bus, talk about the colors of traffic lights and what they mean—red means stop, green means go.
- 11 Turn on your baby's favorite songs and move your bodies as you dance together!
- 12 Take turns showing each other different faces and use words to describe them: "We're smiling because we're happy!"
- 13 Go on a "shape hunt" with your little one. Search for different shapes in your home and around your neighborhood.
- 14 Take a walk in your local park and talk about the colors, shapes, and sizes you see around you.
- 15 Play peek-a-boo while getting dressed! Ask, "Where are you?" as you pull a shirt over your baby's head. Then say, "There you are!"
- 16 Ask questions about your child's art. You can say, "I noticed you used the color blue. Why?"
- 17 Talk with your child about the weather each day! What do they see in the sky when it is sunny, cloudy, or rainy?
- 18 Everywhere you go, use words to talk about what you see and what your baby is looking at or pointing to.
- 19 Have fun pretending to move and sound like different animals. "Ribbit and hop like a frog" or "chirp and flap your wings like a bird!"
- 20 Talk about your job or workers you see out and about! What is the construction worker building? How does a firefighter help people?
- 21 Share a book or a song in your native language. It's a great way to introduce your child to your home culture!
- 22 Talk about water on a rainy or snowy day! What does water feel like? Taste like? Sound like?
- 23 Begin a daily gratitude routine with your child. Each day at bedtime, take turns sharing things you were thankful for that day.
- 24 Books can help children develop empathy! When reading together ask questions like: "How do you think the character feels?"
- 25 Talk about colors and clothing. Say, "I noticed you're wearing a red shirt and blue pants. What colors am I wearing?"
- 26 Sing songs like "Five Little Monkeys" that have simple counting patterns to help your child learn early math skills.
- 27 During bath time, play fill and dump with a cup. This teaches your child about measurement concepts like full and empty.
- 28 Spending time drawing and coloring with your child can develop her creative, motor, and language skills! Ask her to draw their favorite food or animal!
- 29 At the grocery store, describe the food you put in your cart using words like big, tall, wide, or tiny.
- 30 Laughing is an important part of learning! Play fun games like "peek-a-boo" or sing funny nursery rhymes.

