

# Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Have a "goodbye to summer" picnic today. Let your child plan the menu.	<b>2</b> Don't forget to tell your child that you love her! Cut out some hearts together.	<b>3</b> Ask your child to talk about the great times you had together over the summer.	<b>4</b> Let your child pick out some school supplies today, whether he is starting school or not.	<b>5</b> Choose a perfect, end-of-summer tomato at the grocery store. Make a salad together.
<b>6</b> In the morning, help your child find five of her favorite books. Read all throughout the day.	<b>7</b> Look at a weather report together today. Is it still hot in your town, or is it starting to feel like fall?	<b>8</b> Talk about the words <i>fall</i> and <i>autumn</i> . Make sure your child knows they are the same season.	<b>9</b> Plan plant care together. If you will be bringing plants inside soon, talk about a good place to keep them.	<b>10</b> Drink your breakfast today! Blend fruit, fruit juice and yogurt to make a "smoothie."	<b>11</b> Talk about shapes while riding in the car. Point out the different shapes of the road signs.	<b>12</b> Plan a visit to your nearest country store, the farmer's market or the grocery store. Get a shiny apple.
<b>13</b> Ask your child what colors he thinks of when you say "summer." Do the same for "fall."	<b>14</b> Give your child a bowl of mixed dried beans and different-shaped pasta. Ask her to sort them.	<b>15</b> Involve your child in preparing tonight's dinner. He can help set the table or mix and pour ingredients.	<b>16</b> Write your child a message in "secret code." Try drawing an eye, then a heart, then a letter "U."	<b>17</b> Do a leaf painting today. Dip leaves in paint and make prints.	<b>18</b> Talk about where animals live. Which animals would you expect to see in the jungle? How about the woods?	<b>19</b> Catch your child being good today. Remember to make praise as specific as possible.
<b>20</b> Plant a fall flower, such as a mum, together. Or plant bulbs that will come up in the spring.	<b>21</b> Make a big bowl of popcorn tonight. Try a new topping with your child.	<b>22</b> Give your child a magazine and safety scissors and have him cut out pictures of all the "living" things.	<b>23</b> Visit a hardware store together. Just be sure to supervise your child closely. Talk about the different tools.	<b>24</b> Does your child know her full name, address and phone number? Practice these today.	<b>25</b> Give your child 10 "coupons," each good for an hour of your uninterrupted attention.	<b>26</b> Go to the library. Have your child pick out a book on a subject you don't usually read about.
<b>27</b> Talk about things that can be seen in the sky. How many can your child name?	<b>28</b> Turn on three different types of music today. Together make up movements for each one.	<b>29</b> Let your child play with scarves today. They are great to use for pretending!	<b>30</b> Look at a calendar together. What month is it? What is next month?	<h2>September 2009</h2>		

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<h2>October 2009</h2>				<b>1</b> <i>Crisp</i> is a word often heard and said in the fall. Talk about what this word means.	<b>2</b> For a perfect example of yesterday's word, have your child bite into a crisp, juicy apple!	<b>3</b> Try to find a country fair or autumn festival nearby. Plan a trip.
<b>4</b> Explain that fall's shorter days and cooler weather cause leaves to change color. Do you see changes?	<b>5</b> Place a sheet of paper over some leaves, rub over the paper with crayons.	<b>6</b> If possible, plan a trip to a farm. Watch the harvesting and tour the barns. How are they preparing for winter?	<b>7</b> Seven is often called a lucky number. Talk with your child about the meaning of "lucky."	<b>8</b> Show your child pictures of three animals with stripes. Now see if you can find three with spots.	<b>9</b> Practice for your pumpkin-carving. Draw on a pumpkin with washable markers.	<b>10</b> Collect leaves, bark, sticks and branches. Help your child make a tree by gluing them to paper.
<b>11</b> Pile leaves on a small sheet. Lift the sheet up quickly & slowly. Watch the different ways they float.	<b>12</b> Get a schedule for your local high school football team. Attend a home game with your child.	<b>13</b> Read a book about bats (the kind that fly) with your child.	<b>14</b> As the weather gets colder, people light more fires. Discuss fire safety with your child.	<b>15</b> Let your child see you trying some foods that are new or unusual for your family.	<b>16</b> Place sliced, peeled apples on buttered bread. Let your child sprinkle with cinnamon and sugar. Toast in the oven.	<b>17</b> Have fun with a classic fall activity. Rake leaves and jump into them!
<b>18</b> Take a walk with your child to see how many kinds of leaves you can find.	<b>19</b> Find the date of the next full moon. Observe the full moon with your child.	<b>20</b> Go to a park with lots of trees. How many colors can you find in the leaves?	<b>21</b> Make hot cocoa on the next frosty morning. Don't skimp on the marshmallows!	<b>22</b> Make today a "no TV" day. Read or play games instead.	<b>23</b> Have a counting day. Count stairs as you climb them, cars as they pass, stars as you spot them in the sky.	<b>24</b> Read three poems or rhymes with your child today.
<b>25</b> Visit your favorite farm or store and pick out a pumpkin today.	<b>26</b> Have your child draw a face on the pumpkin. Then, you or another adult can carve it. Save the seeds.	<b>27</b> Use your pumpkin seeds today. Let your child sprinkle them lightly with salt. Toast in the oven for a tasty snack.	<b>28</b> Make a pumpkin from paper. Cut out a nose separately. With your child, play "Pin the Nose on the Pumpkin."	<b>29</b> Buy some tiny pumpkins and gourds or make some from paper with your child. Arrange and use as a centerpiece.	<b>30</b> Have a family "orange day." Wear orange clothes, drink orange juice, eat pumpkin cookies!	<b>31</b> Have your child paint a picture of a pumpkin. Hang it in your window.

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Compliments of Northwest RPDC

# Calendar

# Activity

Early Childhood

Parent & Child

## Parent & Child Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Drink apple cider with your child. If you drink it warm, stir it with a cinnamon stick. Talk about how cider is made.	<b>2</b> Talk with your child about how animals survive the cold. What do bears do? How about birds?	<b>3</b> Help your child make a list of three things that would be fun to do in the winter.	<b>4</b> Invite some of your child's friends to play a game together outside.	<b>5</b> Learn a new song together. Can you make up actions, too?	<b>6</b> What is your child's favorite vegetable? Talk about different ways to prepare it. Cook it together.	<b>7</b> Assign your child a special job. It's never too early to learn responsibility!
<b>8</b> With your child, draw, paint and cut out pictures of different types of transportation.	<b>9</b> Nothing beats a warm bowl of soup on a cold day. Serve your child's favorite soup, along with his favorite bread.	<b>10</b> Does your child know her birthday? Teach her the birthdays of family members and close friends.	<b>11</b> How do the trees look today? Talk about how things look different when the trees have fewer or no leaves.	<b>12</b> Read a newspaper article to your child today.	<b>13</b> People often wear wool clothes in cold weather. Talk with your child about where wool comes from.	<b>14</b> Look at photos from a year ago. Your child will probably be amazed at how much he has grown!
<b>15</b> Talk about what kinds of things can make a person a "hero." Family members can be heroes, too!	<b>16</b> Read your child's favorite book as many times as he wants today.	<b>17</b> Include your child in planning and preparing an upcoming family meal.	<b>18</b> Show your child several types of coins. Talk about which buys more, a quarter or a dime?	<b>19</b> Look at a calendar with your child. Count the days left in the month, then in the year.	<b>20</b> Collect canned goods for a shelter or food bank. Take your child with you as you deliver them.	<b>21</b> The days are getting shorter. Ask your child to draw a picture of a bright, sunny day. Hang it in your kitchen.
<b>22</b> In the grocery store, ask your child to find three purple foods.	<b>23</b> Tell your child about relatives you can remember from your childhood.	<b>24</b> Read and memorize a short poem with your child.	<b>25</b> Together, look at a weather forecast today. Compare where you live to the rest of the country.	<b>26</b> Talk about things you are thankful for. Tell your child she's at the top of the list	<b>27</b> Write a letter together to a loved one. Have your child draw pictures.	<b>28</b> Cook breakfast together for the rest of the family. Or invite friends!
<b>29</b> Play the "opposites" game. Say a word and see if your child can tell you its opposite.	<b>30</b> This is the last day of the month. Talk with your child about the meaning of "last."	<h1>November 2009</h1>				