



# August



TIP

Exploring unfamiliar foods develops observation skills, curiosity and sensory awareness. And when your child sees different fruits and vegetables in the kitchen, she might want to try them!






TIP

Learning to identify and express emotion in a healthy way helps lay the foundation for future success and well-being. Talk about positive (and not-so-positive) ways of expressing emotions.



TIP

Practicing a skill like opening a lunch bag without help will help ease the transition to the busy school lunch time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Have your child help set the table.		Together, look for things that begin with "P." Point out the letter "P" in print.		Put a note to your child on her pillow telling her how much you love her. Read it to her when she finds it.	Pretend it's the first day of school. Practice ways to say goodbye to each other.	
	Ask your child to say words that rhyme with "can."	Participate in a playground meet-up.	Explore an unfamiliar fruit or vegetable together and talk about its smell, feel, taste. 		Ask your child to name letters found on cereal boxes, cans, etc.	Practice skipping, galloping, and marching with your child.
When preparing a snack, cut a fruit in half. Show your child that two halves make a whole.		Ask your child to count the spoons and forks in the silverware drawer.		Visit a local library.	Practice bouncing a ball with your child. Count the number of bounces.	Talk with your child about his feelings as the start of the school year nears. 
Have your child practice opening and closing her lunch bag and food containers. 			Add with your child. Say, "I have 1 cracker and you have 2 crackers. That makes 3 crackers."	Help your child begin to organize what he will need for the first day of school.		Take time to play with your child in her new school playground.
Read a book about going to school. Move your finger under the words as you say them.		Give your child simple tasks that involve sorting or matching (socks, toys, or buttons).			Have your child tell you about his favorite part of the day.	Play a card or board game that involves taking turns.