

DEPARTMENT OF EDUCATION AND
EARLY CHILDHOOD DEVELOPMENT

KINDERSTART CALENDAR

.....

2020-2021



WELCOME TO KINDERSTART

KinderStart is a school transition program that is offered in the year prior to Kindergarten. In this program, your child will meet new friends and get to know the teacher. Your child will also become familiar with the school building and classroom routines.

You will be given the date and time of the KinderStart sessions at registration, in the mail or by telephone. A KinderStart Resource bag is given to your child during the first session with materials and suggestions for supporting your child's learning at home.

The KinderStart program offers parent/caregiver sessions. The purpose of these sessions is to give an overview of the KinderStart program, as well as information on how you can help your child learn and develop. The parent/caregiver sessions may be held at the same time as your child's sessions. School routines and expectations may

also be shared at this time. The information topics may vary from school to school. It is important to take part in these information sessions as your child begins his/her formal schooling.

We hope you and your child enjoy using this 18-month calendar. It will help you keep track of important dates and suggest fun activities to do, recipes to try and books to read! We wish you and your child a fun and happy KinderStart year and a smooth transition into Kindergarten!

If you have any questions about your child's KinderStart program, please feel free to discuss them with your child's teacher or school principal.



For more information on the KinderStart program, please call **1-709-729-2999** or visit: <https://www.gov.nl.ca/eecd/earlychildhood/kinderstart/>

ALL ABOUT ME

MY NAME IS:

MY SCHOOL'S NAME IS:

MY ADDRESS IS:

MY TEACHER'S NAME IS:

MY PHONE NUMBER IS:

EMERGENCY PHONE NUMBERS:

NOTES:

that's the
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of **Play!**

PUBLIC LIBRARIES



Newfoundland & Labrador Public Libraries



4 years old will

- ✓ receive 2 free books to keep*
- ✓ obtain their own membership card
- ✓ enjoy storytime programs
- ✓ find a place to play and make friends @ your public library

For more information about provincial public library locations, services and programs, please visit www.nlpl.ca or call (709) 643-0900

*Books provided by the KinderStart program

RECIPE OF THE MONTH
[CHILD/ADULT PLAY ACTIVITY]

PLAYDOUGH

- 2 cups (500 mL) all-purpose flour
- 1 cup (250 mL) salt
- ¼ cup (60 mL) vegetable oil
- 1 cup (250 mL) water
- Food colouring (optional)

Measure each ingredient and combine. Have fun playing!

Note: Do not eat!

READING LIST

“Are You My Mother?”, P.D. Eastman

“Goodnight Moon”, Margaret Wise Brown

“If you give a Mouse a Cookie”, Laura J. Numeroff

CALENDAR ACTIVITIES

- 3 Find objects that rhyme with bat, pail and boat.
- 6 Go on a walk outside. Collect any treasures you may find.
- 9 Look for 4 objects in your house that are red.
- 11 Draw a picture. Use your crayons or markers. Put it on the fridge.
- 14 Ask someone to read to you. Close your eyes while they are reading. What do you see?
- 17 Put music on and dance.
- 20 Name some things that are the colour orange.
- 22 Help make a shopping list for the next grocery store visit.
- 25 Sort magnetic letters into groups by colour or shape (e.g., circles, lines).
- 26 Set a reading goal!
- 30 Try finger-painting.

CALENDAR 2020

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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NOTES:

SPECIAL DATES:

1st - New Year's Day
27th - Family Literacy Day

ROUTINES AT HOME

Routines are things that you do on a regular basis, for example:

- Going to bed at 8 PM every night
- Brushing your teeth after meals and before bedtime
- Washing your face in the morning, after meals and before bedtime
- Eating your meals at the kitchen table with your family
- Putting your things back where they belong when you are finished with them

Routines to help build many basic skills:

- Taking turns
- Getting dressed
- Brushing teeth
- Carrying own school bag
- Cleaning bedroom
- Washing hands
- Picking up toys

Tips for parents on how to develop routines:

- Provide lots of time for children to start the day
- Begin each day with a healthy breakfast. Include at least 3 food groups from Canada's Food Guide
- Hum the "Alphabet Song" twice while brushing your teeth
- Help children by making them part of the routine (i.e., cleaning up after playtime)

- It is very important to set a regular bedtime. Allow 10 to 12 hours of sleep each night for your preschool child. This routine is very important for healthy development
- Use your KinderStart calendar to jot down reminders and record routines and appointments
- Once a routine is set, try your best to stick with it
- There will be times when you cannot keep to the routine, and that is OK (e.g., you may have to delay a meal because of another family activity)



WHOLE GRAIN PANCAKES

- 1 ½ cups (375 mL) whole wheat flour
- 2 tsp (10 mL) baking powder
- ¾ tsp (4 mL) salt
- 1 ½ tbsp (25-30 mL) sugar
- 1 ½ cups (375 mL) milk
- 1 egg
- 2-3 tbsp (25-30 mL) cooking oil

In a large bowl, mix flour, sugar, baking powder and salt. Make a hole in the centre and pour in milk, egg and oil. Mix until smooth.

Heat a lightly oiled griddle or frying pan. Pour or scoop the batter using ¼ cup for each pancake. Cook until brown on both sides and serve.

READING LIST

"If You Give a Pig a Pancake",
Laura Numeroff

"Pancakes, Pancakes!",
Eric Carle

"Pancakes for Breakfast",
Tomie dePaola

CALENDAR ACTIVITIES

- Take a walk in your neighbourhood. What signs did you see?
- Name some two-legged animals. Name some four-legged animals.
- How can you show a pet that you love them?
- A baby duck is a duckling. What are some other animal babies called?
- Make some animal sounds. Ask someone to guess what they are.
- Pretend you are a fish. Move your legs and arms to swim.
- Try to count to 6. It is okay to use your fingers.
- Read your favourite book to a parent or friend.
- Gather some toys to play with.
- Use an old sock and pretend it is an animal puppet.
- Can you think of some animals with stripes?
- What do animals wear in the winter to keep them warm? What do you wear in the winter to keep you warm?

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

NOTES:

SPECIAL DATES:

2nd - Groundhog Day
14th - Valentine's Day

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THE DEVELOPING CHILD

STAGES OF DEVELOPMENT FOR PRESCHOOL CHILDREN

Large Muscle Movement

- Hop and stand on one foot
- Go up and down stairs on their own
- Kick a ball forward
- Throw a ball overhead. Catch a ball
- Move forward and backwards

Small Muscle Movement

- Draw and copy simple shapes
- Draw a person with 3 different body parts
- Cut paper with scissors
- Hold a pencil or crayon correctly
- Undo buttons and zippers

Language and Thinking

- Learn about “same” and “different”
- Speak in sentences of 5 or more words
- Speak clearly so others can understand
- Tell about things they have done

Social and Emotional

- Play, share with others
- Make new friends
- Make some decisions on their own
- Take care of belongings
- Be comfortable when away from you
- Cope with small challenges

Children will reach stages at different times.



For more information on your child's development and learning, contact your: Public health nurse, doctor's office or local health clinic. Toll-free HealthLine: **1-888-709-2929 (TTY: 1-888-709-3555)** or visit: <http://www.child-encyclopedia.com>

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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NOTES:

SPECIAL DATES:

17th - St. Patrick's Day
20th - First Day of Spring

EASY HUMMUS

- 1 can (540 mL) chickpeas
- 3 tbsp (45 mL) fresh lemon juice
- 2 tbsp (30 mL) canola oil
- 1 tsp (5 mL) ground cumin
- 2 garlic cloves, chopped or crushed
- A small amount of salt and pepper to taste

Drain chickpeas. Place in blender or food processor. Add lemon juice, canola oil, cumin and garlic. Blend or process until smooth. Add a small bit of water, if needed. Add salt and pepper to taste.

Makes 1 ½ cups (375 mL)

Serve a spoonful of this with whole grain pita bread pieces and/or cut-up vegetables.

Enjoy!

READING LIST

“The Gingerbread Boy”, Paul Galdone

“Time for Bed”, Mem Fox

“Beetle Bop”, Denise Fleming

CALENDAR ACTIVITIES

- 1 Name the large letters you find on a carton.
- 4 What makes you feel happy, sad, excited or angry?
- 9 Paint or draw a picture and display it where everyone can see.
- 12 Pretend you are a doctor or nurse and one of your stuffed toys is sick.
- 14 Sing the song “If You're Happy and You Know It”.
- 16 “Cat” rhymes with “hat”. What other words rhyme with “cat”?
- 20 Practice zipping or buttoning your coat.
- 23 Find something small and green.
- 25 Name some animals with fur or feathers.
- 27 Tell a friend how to spell your name.
- 29 Use many crayons to make a creation of colours.
- 31 Pretend you are a firefighter. What will you do?

ENVIRONMENT

Green Tips for Families:

- Reduce, Reuse, Recycle
- Turn off water when brushing teeth
- Turn off lights when not in room
- Reuse plastic containers
- Recycle everything possible
- Create a compost for organic material
- Plant trees
- Save and use recycled paper
- Stop using aerosol sprays
- Drive less, walk more
- Bring reusable shopping bags to the grocery store



► For more information and green depot locations, call **1-800-901-6672** and/or visit the following website: <http://greendepotnl.ca/>

CALENDAR 2020

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

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NOTES:

SPECIAL DATES:
12th - Easter
13th - Easter Monday
22nd - Earth Day

RECIPE OF THE MONTH
[CHILD/ADULT PLAY ACTIVITY]

CINNAMON APPLESAUCE ORNAMENTS

- 1 ½ cup (375 mL) cinnamon
- 1 cup (250 mL) applesauce
- ¼ cup (60 mL) craft glue
- Cookie cutters (cut by hand if you like)

Mix until dough forms.

Use cookie cutters to make shapes or make designs with toothpicks and straws.

Decorate with ribbons and sprinkles.

Display them in your house for everyone to see!

Note: Do not eat!

READING LIST

“The Very Hungry Caterpillar”, Eric Carle

“The Little Fir Tree”, Margaret Wise Brown

“Puddleman”, Ted Staunton

CALENDAR ACTIVITIES

- 3 Pretend you are a dentist. Show a stuffed toy how to brush its teeth.
- 6 Look for birds outside. What are they doing?
- 8 Make a book of pictures and show it to someone.
- 11 Try to throw clothes into your hamper from a distance.
- 13 Search for 5 blue things in your house. Put them on the floor and name them.
- 14 Can you say your telephone number?
- 16 What do you think this saying means: “April Showers Bring May Flowers”?
- 19 Find a friend and kick a ball back and forth.
- 24 Visit your public library to check out a book.
- 26 Use your fingers to trace a rectangle.
- 29 Practice telling a friend your address. Send yourself a letter.

SUPPORT SERVICES

Exceptionality and Support Services

When a student has a disability and support services are needed, the school will form a program planning team. The team is made up of parents, educators and the student if necessary. The program planning team meets once a year, or as needed. The team makes decisions for the student which are based on the student's strengths and needs, and assessment results.

Parents' Role on the Program Planning Team

Parents are an important part of the program planning team. In order for the plan to be successful, it is necessary that all members of the team work well together.

As a member of the program planning team, a parent(s) should:

- Review the recommendations
- Give written approval to follow through with recommendations
- Share ideas and information on your child's abilities, interests and needs
- Support learning at home

If Your Child Has a Disability:

Talk to the school staff about:

- Your child's disability
- Any allergies, medications, eating habits and other important information about your child
- Your child's strengths and needs

Use the support services and programs that are offered in your community.

Go to all information sessions that may be available to you.

Keep in contact with the school.

Make sure your child is familiar with their school environment.



▶ For more information on your child's development and learning, contact your: Public health nurse, doctor's office or local health clinic. Toll-free HealthLine: **1-888-709-2929 (TTY: 1-888-709-3555)** or visit: <http://www.child-encyclopedia.com>

CALENDAR 2020

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	1	2
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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NOTES:

SPECIAL DATES:
10th - Mother's Day
18th - Victoria Day

RECIPE OF THE MONTH [CHILD/ADULT SNACK ACTIVITY]

ENGLISH MUFFIN PIZZA

- Whole grain English muffin
- 1/3 cup (80 mL) of shredded mozzarella cheese
- 1/2 tomato sliced or 2 tbsp of tomato/pizza sauce
- Toppings: chicken, chopped peppers, onions, mushrooms, pineapple

After slicing the English muffin, place the tomatoes or sauce and then the cheese on each half of the English muffin. Top your pizza with your child's favourite toppings.

Place your completed pizza on an aluminum foil-lined baking sheet in an oven or toaster oven. Preheat oven to 400 degrees (F). Bake for 5 to 10 minutes.

Enjoy!

READING LIST

"Eating the Alphabet: Fruits & Vegetables from A to Z", Lois Ehlert

"Just Look", Tana Hoban

"Growing Colors", Bruce McMillan

CALENDAR ACTIVITIES

- 1 Tell someone what you like best about yourself.
- 3 Talk about a safe way to get out of your house in an emergency.
- 6 Name some animals that live on a farm. What sounds do they make?
- 9 Black is a very dark colour. Can you find black things in your house?
- 11 Practice brushing your teeth to keep them healthy.
- 14 What can you do now that you could not do when you were a baby?
- 17 Ask someone to help you count backwards from 10 to make a rocketship blast off.
- 23 What is a colour you do not like? Name some things that are that colour.
- 25 Find a set of stairs and walk up. Count the steps as you go.
- 26 Describe the clothes you are wearing.
- 28 Clap your hands while you sing a song.

PLAY COUNTS - ENJOY MATH

Activities and Games can Help Children Develop Important Math Skills:

Introduce fun ways to practice with:

- Finger-paint
- Playdough
- Bingo dabbers

Use everyday experiences to draw attention to numbers, amounts and other math concepts:

- Shopping
- Preparing meals
- Cooking/baking
- Measuring height/weight
- Counting objects around the house
- Sorting laundry
- Counting coins

Counting books, songs and finger plays can be a great way to encourage interest:

- "One, two, three, four, five once I caught a fish alive."
- "One potato, two potato, three potato, four, five potato, six potato, seven potato, more!"

Play games which require counting or involve numbers:

- Card games
- Board games
- Puzzles
- "I Spy"



For more information consult the brochure, "Play Counts: Enjoy Mathematics With Your Child" available at:
https://www.gov.nl.ca/eecd/files/earlychildhood_brochure_full_eng.pdf
https://www.gov.nl.ca/eecd/files/earlychildhood_brochure_full_fr.pdf

CALENDAR 2020

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

NOTES:

SPECIAL DATES:

21st - Father's Day
 20th - First Day of Summer
 21st - National Aboriginal Day

RECIPE OF THE MONTH

[CHILD/ADULT SNACK ACTIVITY]

SUMMER YOGURT DIP

- $\frac{3}{4}$ cup (175 mL) plain yogurt
- $\frac{1}{2}$ tsp (2 mL) dried dill weed
- $\frac{1}{2}$ tsp (2 mL) onion powder

Mix all ingredients together in a bowl.

Refrigerate until needed.

Serve as a dip with a variety of cut-up vegetables such as sweet peppers, broccoli, zucchini, carrots, etc.

Makes $\frac{3}{4}$ cup (175 mL)

Enjoy!

READING LIST

"A Grand Band",
John Burningham

"Peef the Christmas Bear", Tom Hegg

"Mama's Bed",
Jo Ellen Bogart

CALENDAR ACTIVITIES

- Think about some things you can do on a rainy day.
- Have a conversation with your family at mealtime. Talk about your day.
- Read your favourite book. Draw a picture to tell about the story.
- Name the days of the week.
- Listen to a favorite story. Tell someone about it.
- Pretend you are a train. Chug around your house.
- Your body needs water. How many glasses of water did you drink today? Drink 1 more.
- Look through some family photos. Have you changed?
- Say words that rhyme with fly, sail, tree, coat.
- Cut letters from the newspaper, magazines and labels to spell your name.
- Play house and pretend to be the parent.

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PHYSICAL ACTIVITY

Young children need about 90 minutes of physical activity each day. Check out some fun ideas for the whole family!

Inside Physical Activity

- Use a blanket or parachute for a game
- Play action games like hokey pokey
- Practice your balance using a string on the floor
Use your arms to help you
- Put some music on and dance
- Thrown bean bags into a target
- Play some jumping games like *Jack in the Box* or *Sleeping Bunnies*
- Play bocce ball



Outside Physical Activity

- Go on a bike ride around the yard
- Trying hopping like a bunny
- Follow a pathway
- Play in the snow, mud or leaves
- Take a nature walk
- Encourage child to safely explore outdoor environments
- Create an obstacle course with hula hoops, sticks, and other fun objects
- Fly kites or airplanes outside
- Play wheelchair basketball

The Canadian Paediatric Society discourages screen-based activities for children under 2 and to limit television watching to less than 1 to 2 hours per day for older children, and to instead encourage physical activity as part of their daily routine.

For more information on physical health, please visit the following websites: www.recreationnl.com
http://kidshealth.org/parent/nutrition_center/index.html
<https://csepguidelines.ca/>

CALENDAR 2020

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

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NOTES:

SPECIAL DATES:

1st - Canada Day

RECIPE OF THE MONTH [CHILD/ADULT PLAY ACTIVITY]

GOOP

- 1 cup (250 mL) cornstarch
- 2 cups (500 mL) baking soda
- 1 ¼ cups (300 mL) water

Mix dry ingredients and add water a little at a time. (This is important as you may not need all of the water.) Mixture should be scoopable with hands – not too runny. When a lump is squeezed, it melts and then becomes more solid again.

Note: Do not eat!

READING LIST

“The Bears’ Picnic”,
Stan and Jan Berenstain

“Froggy Gets Dressed”,
Jonathan London

“Red is Best”, Kathy Stinson

CALENDAR ACTIVITIES

- 1 Sing “Oh Canada”.
- 2 Name some fun outdoor activities.
- 5 You can hear the telephone ring. Name other sounds that you hear.
- 8 Clap softly to music. Can you keep the beat?
- 11 Pick a letter of the alphabet. Go on a letter hunt.
- 13 Sing like a bird. What do birds see when they fly?
- 14 Make your voice sing low. Make your voice sing high.
- 16 Do you say “hello” before or after the telephone rings? What are some other before and after things?
- 19 Sing “The Itsy Bitsy Spider” and do the actions.
- 22 Clap your hands fast. Clap your hands slow.
- 24 Sing loudly and then sing softly.
- 27 What are your favourite activities to do indoors? Pick one.
- 30 What are your favourite activities to do outdoors? Choose one.

CAR SEAT SAFETY

Please be sure to read your child seat user guide for the right way to install your child's seat. Your child seat user guide will also tell you the maximum weight and height for your child's seat.

Booster Seats

Effective July 1, 2008, children are required to be secured in a booster seat when being transported in most vehicles in Newfoundland and Labrador, if they:

- Are between 4 and 8 years old,
- Weigh between 40 and 80 pounds (18 and 36 kilograms), and
- Are 145 cm (4'9") tall or under

The law applies to cars, vans, passenger trucks, taxis, private vehicles contracted by a school board to transport children, and passenger vehicles used by day cares. Buses such as school buses, urban transportation buses and motor coaches, which are not normally equipped with seat belt systems, are not included.

Forward-Facing Car Seats

- Some 4 and/or 5 year olds may still use a forward-facing car seat if they weigh less than 40 pounds (18 kilograms)
- There are some forward-facing seats that are made for children up to 65 pounds (30 kilograms)

The safest spot for children is in the back seat of a vehicle.



▶ For more information on car seat safety visit Kids in Safe Seats website at www.kidsinsafeseats.ca

You can also visit the following links:

- https://www.cssd.gov.nl.ca/publications/pdf/healthyliving/car_seat.pdf
- https://www.cssd.gov.nl.ca/publications/pdf/healthyliving/kks_stage3.pdf
- https://www.cssd.gov.nl.ca/healthyliving/child_seats.html
- <https://www.canada.ca/en/health-canada/services/road-safety.html>

LOVELY YOGURT PARFAITS

- A variety of cut-up red/pink fruit (strawberries, raspberries, cherries without pits, watermelon, etc.)
- Yogurt (any flavour)
- Whole grain cereal

Use small cups or parfait dishes and layer fruit, a spoonful of yogurt and whole grain cereal.

Enjoy!

READING LIST

"Owl Babies", Martin Waddell

"Mouse Count", Ellen Stoll Walsh

"The Napping House", Audrey Wood

CALENDAR 2020

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOTES:

SPECIAL DATES:

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For information about children's play and learning, visit: <https://www.gov.nl.ca/eecd/>

CALENDAR ACTIVITIES

- Move 1 body part.
Move 2 body parts.
Move 3 body parts.
Move 4 body parts!
- Hop like a rabbit. Slither like a worm. Are the actions the same?
- Play with a ball. Throw it, catch it, roll it, bounce it.
- Wear a hat and pretend you drive a bus. Sing "The Wheels on the Bus".
- Use string to make shapes, letters and numbers.
- How many windows does your home have? How many doors?
- How long can you keep a ball in the air? Count.
- What would it be like to fly? What would you see?
- Go outside to play. Don't forget sunscreen.
- Listen to your favorite story and tell someone about it.
- Balance a bag of beans on your head. Try to walk or run.
- Find some round things that move.
- Explain how to climb a ladder.

STARTING SCHOOL

Here are some tips for parents to help make starting school go smoothly:

- Practice routines such as bedtime, breakfast and dressing with your child one or two weeks before school begins so that they do not have to cope with many changes all at one time
- Encourage your child to use the washroom on their own
- Show your child how to get along with others by listening, sharing and taking turns
- Encourage your child to cope with small challenges
- Help your child attend to an activity for 10 to 15 minutes
- Encourage your child to communicate his or her own needs
- Show your child how to solve problems peacefully

Parents can:

- Encourage physical and outdoor activity
- Limit the total use of television, movies, video, computer and iPhone® games to no more than 1 to 2 hours per day
- Support your child in taking small safe risks such as riding a bike
- Encourage your child in all tasks and celebrate attempts as well as successes
- Read and talk about books and stories
- Use appropriate language, not baby talk
- Play games, such as “I Spy” and memory games

The first day of school:

- Make sure your child knows the pick-up plan for the day
- Share your excitement about starting something new. Reassure your child that it is natural for new experiences to make them a little nervous
- Reassure your child that Kindergarten teachers are very welcoming and will do their best to keep them safe and plan wonderful experiences



► For more information on making a smooth transition to school, please visit: www.child-encyclopedia.com/pages/PDF/School_transitionANGmcP.pdf

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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NOTES:

SPECIAL DATES:

7th - Labour Day
13th - Grandparents' Day
22nd - First Day of Autumn

FRUIT SALAD

- ½ cups (125 mL) pineapple
- 1 large apple
- 1 large banana
- 1 large orange
- ½ cups (125 mL) pecans
- Dash of cinnamon

Put all ingredients into bowl. Mix well. Add 1 cup of miniature marshmallows.

Enjoy!

READING LIST

“*Stone Soup*”, Marcia Brown

“*Effie*”, Beverly Allinson

“*We’re Going on a Bear Hunt*”, Michael Rosen

CALENDAR ACTIVITIES

- 2 Hug a tree. How does it feel? What does it smell like?
- 4 Find something in your room that has words on it. What letters do you see?
- 6 What can you think of that comes in pairs?
- 10 Use your fingers to count to 10. Count backwards from 10.
- 12 What are some safety rules to remember when crossing the street?
- 14 Name a body part that comes in twos.
- 16 Ask someone to go on a walk with you. Listen, look, smell and touch.
- 18 Share a silly story with a friend.
- 21 Look at yourself in the mirror. Describe what you look like.
- 24 Lift a rock in your garden to find bugs. Was the soil wet or dry?
- 26 Name one thing you did yesterday.
- 28 Name something you are going to do tomorrow.

CHILDREN'S BEHAVIOUR

Here are ways for parents to help guide their child's behaviour:

- Help them feel secure and let them know that you are there to help them
- Let them know when they have done something you approve of (i.e., something kind or helpful)
- Encourage them to use language to express their needs, wants and feelings
- Help them deal with conflict in a healthy way
- Offer materials, equipment and activities that they are interested in
- Give them choices and let them make some decisions
- Help them feel good about themselves and to appreciate, care for and respect others

When encouraging positive behaviors in children, remember to always:

- Maintain a loving attitude
- Set clear rules and consequences
- Follow through with the consequences that were agreed on
- Use a gentle, but firm tone of voice
- Catch them being 'good'
- Be clear in your feedback to them



► For more information on guiding your child's behaviour, consult your child care provider, health professional or teacher.
www.child-encyclopedia.com/en-ca/key-messages-list.html

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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NOTES:

SPECIAL DATES:

12th - Thanksgiving
 31st - Halloween

FINGER PAINT

- 2 cups (500 mL) white flour
- 2 cups (500 mL) cold water
- Food colouring

Put water into large bowl. Slowly add the flour and stir. Once it's all mixed together, divide into smaller bowls and add food colouring.

Note: Do not eat!

READING LIST

"Mouse Paint",
 Ellen Stoll Walsh

"Little Blue and Little Yellow",
 Leo Lionni

"Horton Hatches the Egg",
 Dr. Seuss

CALENDAR ACTIVITIES

- 3 Play restaurant.
- 5 Put your hands above your head then behind your back.
- 6 Run on the spot. How does it feel?
- 9 Hop like a bunny. Slither like a snake. Crawl like a spider.
- 11 Stretch for 5 seconds and shake all over.
- 14 Sit on a couch. Sit on a chair. Which one is more comfortable?
- 17 Draw lines on a page. How many did your draw?
- 20 Pretend to play an instrument and ask someone to guess what it is.
- 22 Whisper a nice message to someone.
- 25 Point to something long. Point to something short.
- 27 Pretend you are skating across the floor. Be careful.
- 29 Make someone you love laugh out loud.

RHYME & STORY TIME

Why make time to rhyme?

- Repeating rhymes over and over helps your child develop an understanding of language which leads to success in reading
- Exploring songs and rhymes will help develop your child's vocabulary and concentration
- Rhyming and singing together is a lot of fun and will help your child feel good

Why make time for stories?

- Hearing stories over and over helps your child understand the stories that they will read in school
- Telling stories is a great way to increase your child's vocabulary, confidence and knowledge of story structure
- Sharing a variety of stories with topics that interest your child helps create a love of learning



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

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NOTES:

SPECIAL DATES:

11th - Remembrance Day
20th - National Child Day

BRAN MUFFINS

- 1 cup (250 mL) whole wheat flour
- 1 cup (250 mL) natural bran
- ¼ cup (60 mL) sugar
- 2 ½ tsp (12 mL) baking powder
- 1 egg
- ¾ cup (185 mL) milk
- ¼ cup (60 mL) oil

Mix dry ingredients in a large bowl. Mix liquid ingredients and add to dry ingredients. Mix only until moistened. Lightly grease muffin tins and fill ⅔ full. Make in preheated 400 degrees (F) oven for 20 to 25 minutes.

Tip: If you do not have any natural bran, All Bran, bran flakes or another type of bran cereal can be used instead.

READING LIST

"Five Little Monkeys",
Eileen Christelow

"Corduroy", Don Freeman

"Sleepy Bears", Mem Fox

CALENDAR ACTIVITIES

- Count as high as you can.
- Lift 2 toys. Which one is heavier? Which one is lighter?
- What are things that make you sad? What are things that make you happy?
- Find things that are red.
- Learn a new nursery rhyme. Act it out.
- Pick your favorite Mother Goose rhyme, share it with a friend.
- Use your favorite water toy in the bath. Does it float or sink?
- Describe the clothes you are wearing.
- What do you like about your bed? Tell someone.
- Cut and glue pictures of your favourite things.
- Use playdough to make your favorite animal.
- What is your favourite soup? Can you name some ingredients?
- Use a box and towel to make a bed for your favorite stuffed animal.

HEALTHY EATING

By being active, feeling good and eating the foods recommended in Canada's Food Guide, children can grow and thrive. Check out the following ideas for helping children develop healthy eating habits for life.

Respect your child's ability to determine how much food to eat. Canada's Food Guide describes the serving sizes for the foods in each of the 4 food groups. From each food group, offer 1 Food Guide Serving. Trust the child's appetite. He or she may not finish what you offer and that's okay. It is not helpful to pressure children to eat. If he or she wants more, it's okay to give more.

Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the 4 food groups. Offer a variety of nutritious foods, including some choices that contain fat such as 2% milk, peanut butter and avocado.

Time together. Pleasant mealtimes can help your child develop healthy eating habits. Eat meals together as a family, so you can be a role model. Children tend to copy what adults do. Serve food at the table. Help your child focus on eating by removing distractions. Turn off the TV and keep toys off the table. Enjoy your time together. Simply by being at the family meal table, your child can learn about foods and table manners, and learn to enjoy together time with the family. Over time, children in families that eat together, eat better.

Satisfy their thirst with water. Young children should be encouraged to drink water. Canada's Food Guide recommends that children and adults choose vegetables and fruit more often than juice. Children need 500 mL (2 cups) of milk every day to get the Vitamin D they need.

Serve small nutritious meals and snacks each day. Young children have small stomachs so they need to eat small amounts of food often. One food guide serving from a food group can be divided up into smaller amounts and served throughout the day.

Limit foods. Canada's Food Guide recommends limiting foods high in calories, fat, sugar and salt (sodium) such as:

- Cakes and pastries
- Chocolate and candies
- Cookies and granola bars
- Donuts and muffins
- Ice cream and frozen desserts
- French fries, potato chips, nachos and other salty snacks
- Fruit flavoured drinks, soft drinks, sports and energy drinks and sweetened hot or cold drinks

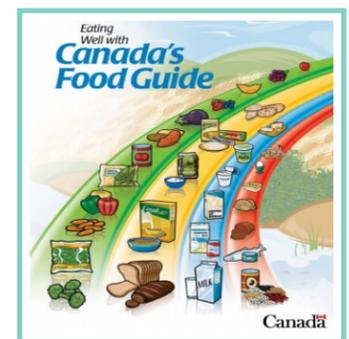
▶ For a free copy of Canada's Food Guide and information on fast and easy meal ideas, smart snacking, sample menus and recommended serving sizes for young children, please contact your local health office or call **1-866-225-0709** and/or visit the following websites:
www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/advice-conseil/child-enfant-eng.php
<https://www.cssd.gov.nl.ca/healthyliving/healthyeating.html>

BLUEBERRY SMOOTHIE

- Carton of yogurt (any kind)
- 1 cup (250 mL) milk
- 1 cup (250 mL) frozen or fresh blueberries, strawberries or peaches
- ½ cup (125mL) ice cubes

Mix all together in blender and blend until smooth.

Enjoy!



"Where's Spot?", Eric Hill

"Sadie and the Snowman", Allen Morgan

"There Was an Old Lady Who Swallowed a Fly", Simms Taback

- 2 Play grocery store.
- 4 Sing "Row, Row, Row Your Boat". Can you pretend to row a boat?
- 6 Make a card and send it to a friend.
- 8 Listen to a song you like. Hold someone's two hands and sway to the music.
- 10 Clap to the rhythm of your first and last name. How many times did you clap?
- 12 Fill a large & small glass with water. Which has more? Which has less? How do you know?
- 14 Are you learning to tie your shoes? Show someone what you can do.
- 16 Sing "Frosty the Snowman". Can you make a snowman? Find someone to help.
- 18 Move slowly like a turtle. Gallop like a horse.
- 21 Do you see any snowflakes?
- 23 Sing "Happy Birthday" to your favorite stuffed animal.
- 27 Can you say the whole alphabet?
- 29 Who played with you today? What did you play?

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAYS	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

NOTES:

SPECIAL DATES:

- 21st - Winter begins
- 25th - Christmas Day
- 31st - New Year's Eve

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FAMILY RESOURCE CENTRES

Family resource centres offer many community-based activities and resources for children and families that focus on early childhood development and parenting support. They provide a place for families to gather in a friendly and informal setting.



Programs reflect the needs of the families and the community. Types of programs might include:

- Drop-in
- Playgroups
- *Baby and Me* groups
- Parenting workshops
- Clothing exchanges
- Toy-lending libraries
- Community kitchens
- Healthy lifestyle sessions



To find out more about Family Resource Centres and the programs they offer in Newfoundland and Labrador, contact your local centre or call 1-709-729-5960. You can also visit: <https://www.gov.nl.ca/eecd/family/familyresource/>

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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NOTES:

SPECIAL DATES:
1st - New Year's Day

FROZEN BANANA

Peel bananas and cut them in half.

Stick popsicle sticks in bananas.

Melt chocolate chips in microwaveable bowl.

Spread peanut butter onto banana halves.

Pour the creamy chocolate all over the bananas.

Wrap bananas in wax paper and place them in freezer for 1 to 2 hours.

Enjoy!

"Hands, Hands, Hands",
Marcia Vaughan

"The Tale of Peter Rabbit",
Beatrix Potter

"The Stray Dog", Marc Simont

- Go on a hunt for the first letter of your name.
- How do you feel when you sing? Talk about music and how it makes you feel.
- Listen to a song on the radio. Move to the beat.
- Sing "Twinkle, Twinkle Little Star."
- Find 2 sticks and tap them together while singing.
- Find things in your house that are shaped like a square.
- Cover a comb with wax paper. Press the comb lightly against your lips and blow.
- Dance to the music of a song you like.
- Use a can or pot as a drum and a spoon as a drumstick. Play and march to a song.
- How many white things can you find in your house.
- Cover 2 blocks of wood with sandpaper and rub them together.
- Pour different amounts of water into glasses and tap them gently with a spoon.

LEARNING THROUGH PLAY



- Sand and water play helps children discover science
- Pretend play helps children to develop their imagination and language skills
- Outdoor play builds muscles and social skills
- Creative play with materials encourage new ideas and success
- Dramatic play encourages children to use their imagination, problem solve and communicate
- Books help children learn to love story telling

WHOLE WHEAT BLUEBERRY MUFFINS

- ½ cup (125 mL) fresh or dried blueberries
- ⅓ cup (80 mL) sugar
- ⅓ cup (80 mL) butter
- 1 ½ cup (375 mL) whole wheat flour
- 1 tsp (5 mL) baking powder
- 2 large eggs, beaten
- 1 tsp (5 mL) vanilla extract
- ½ cup (125 mL) milk

Mix together flour, ½ cup sugar, baking powder, and salt. In smaller bowl, beat eggs. Add milk, vanilla and melted butter. Add liquid to dry ingredients all at once. Stir to moisten. Stir in blueberries. Fill muffin cups ¾ full. Combine lemon rind and 2 tbsp sugar and sprinkle over top of batter. Bake at 400 degrees (F) for 20 minutes or until tops spring back. Makes 12 muffins.

READING LIST

“The Snowy Day”,
Ezra Jack Keats

“Little Red Riding Hood”,
Paul Galdone

“Off to School, Baby Duck”,
Amy Hest

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 28	22	23	24	25	26	27

CALENDAR ACTIVITIES

- 2 Groundhog Day. Can you find a shadow?
- 3 Find something that is red. Is it soft or hard?
- 5 Play mystery word. It rhymes with “hat” but starts with “b”.
- 7 How old are you? Trace the number in the air.
- 9 Clap while you say your name. How many beats are there?
- 11 Talk about what you ate for breakfast today.
- 15 Try to find circles in your house. How many did you find?
- 17 Look in your cupboard and find 2 cans. Are they the same size? How do you know?
- 19 Find a bowl or cup to bring snow in your house. What happens to the snow?
- 21 Pretend to drive a car. Wait for people crossing the street. Beep, beep!
- 23 Sing your favourite song!
- 25 Go on a square hunt. How many did you find?
- 27 Find some things that are bigger than your hand.

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NOTES:

SPECIAL DATES:

2nd - Groundhog Day
14th - Valentine's Day

SAFETY & CHILD PROOFING

- Keep dangerous things away and out of reach (e.g., poison, sharp tools, medications)
- Safety proof your home. Visit www.safekidscanada.com for details
- Discuss talking to strangers with your child
- Always know where your child is and what he or she is doing
- Practice what to do in an emergency with your family (e.g., fire drills)
- Take a CPR and First Aid course
- Teach your child safety rules such as how to cross the road
- Keep an eye on your child's internet and TV use
- Teach your child why we need to be careful and safe
- Ensure your child wears a properly fitted helmet and other protective gear when riding bikes, scooters, etc.
- Teach water safety rules and always watch when your child is in the water
- Buy toys to suit your child's age. Look for age ranges on toy labels when shopping



RECIPE OF THE MONTH
[CHILD/ADULT SNACK ACTIVITY]

FRUIT KABOBS

Place chunks of fruit on wooden skewer:

- Apple
- Banana
- Grapes
- Pineapple
- Kiwi
- Strawberry
- Pear
- Watermelon
- Or any other favourite fruit

Enjoy!

READING LIST

“Owen”, Kevin Henkes

“Big Sarah’s Little Boots”, Paulette Bourgeois

“The Wheels on the Bus”, Maryann Kovalski

CALENDAR ACTIVITIES

- 1 Jump high. How many ways can you jump?
- 2 Take a can from your cupboard. Make it roll and slide.
- 4 Try to pick up something small with your finger and thumb. Now try switching fingers.
- 7 Collect words and pictures from old magazines, newspapers and cereal boxes.
- 10 Play a game of “I Spy” with a friend.
- 13 Act like a monkey. Take 3 deep breaths. Now act like a whale.
- 15 What is your favorite animal that lives in the ocean?
- 20 Spring begins! Describe the weather.
- 22 Find a recipe in a cookbook to try.
- 24 Count the number of steps you take when you walk around the kitchen.
- 27 Put your arms out straight and move to the left and move to the right. Bend your knees down low.
- 30 What is your favourite fruit? What is your favourite vegetable?



www.safekids.org • www.redcross.ca • www.childsafecanada.com • <https://canadasafetycouncil.org/> • www.elmer.ca

CALENDAR 2021

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



NOTES:

SPECIAL DATES:

- 17th - St. Patrick's Day
- 20th - First Day of Spring

QUALITY CHILD CARE

Creating a caring, stimulating and nurturing environment

Quality child care services include:

- Professionals who are sensitive to each child's needs
- An environment that is safe, caring and friendly
- A program that helps develop language and learning skills, physical, social and emotional growth
- Healthy hygiene practices
- Meals that follow Canada's Food Guide
- Good communication practices
- Family involvement
- Free play time for all children to learn and build skills
- A program that reflects children's interests and abilities
- Lots of outdoor play
- Respect the needs of all children and families

For further information about child care services, you can contact your nearest child care services office:

Metro Region	(709) 729-4331
Central East Region	(709) 292-6283
	(709) 945-6557
Western Region	(709) 637-2763
Labrador Region	(709) 637-2763
	(709) 896-7879



▶ More information on child care services can be found at the following website:
<https://www.childcare.gov.nl.ca/>

CALENDAR 2021

APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

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NOTES:

SPECIAL DATES:

- 4th - Easter
- 5th - Easter Monday
- 22nd - Earth Day

RECIPE OF THE MONTH
 [CHILD/ADULT SNACK ACTIVITY]

SHORTBREAD

- ¾ cup (185 mL) butter
- ¾ cup (185 mL) brown sugar
- 2 cups (500 mL) flour
- 2 tsp (10 mL) baking powder
- 1 tsp (5 mL) salt
- ½ tsp (2.5 mL) vanilla extract
- 1 egg, beaten

Cream butter, add sugar and egg, then sift dry ingredients. Roll out on to lightly floured surface. Use cookie cutters to make shapes. Bake at 350 degrees (F) for 10 to 15 minutes.

Decorate with icing if desired.

READING LIST

“There’s a Nightmare in my Closet”, Mercer Mayer

“Rosie’s Walk”, Pat Hutchins

“Leo the Late Bloomer”, Robert Kraus

CALENDAR ACTIVITIES

- 3 Use recycled items for art projects.
- 5 Find a book that talks about the Earth, or make up a story about the Earth.
- 7 Donate old toys to someone in need.
- 9 Visit a recycling depot near you.
- 11 Hum the “Alphabet Song” when you brush your teeth.
- 14 Go for a walk in your neighbourhood. Look for 5 green things.
- 16 Put a box in your yard and fill it with things birds make nests with. Try twigs and string.
- 19 Look outdoors for signs of spring.
- 21 Be a “picker-upper” and collect litter where you live.
- 24 Look for brown things in your garden.
- 27 Go play in the mud!
- 29 What rhymes with tree?

CHILD IMMUNIZATION

Vaccines are a safe and effective way to protect your child from many diseases. Vaccines are one of the safest tools of modern medicine.

In Canada, vaccines to prevent the following diseases are considered routine, and are given free of charge to children in all provinces and territories. The Newfoundland and Labrador schedule includes:

- diphtheria
- tetanus
- pertussis
- polio
- haemophilus influenza type b
- measles
- mumps
- rubella
- varicella
- meningococcal
- pneumococcal
- hepatitis B
- human papillomavirus
- influenza

Individuals who wish to receive a certified copy of their Newfoundland Labrador Immunization Record should contact the Regional Health Authority of current residence:

Eastern Regional Health Authority - St. John's	752-4894
Central Regional Health Authority - Gander	651-6238
Western Regional Health Authority - Corner Brook	632-2830
Labrador/Grenfell Regional Health Authority - St. Anthony	454-0367
Labrador/Grenfell Regional Health Authority - Happy Valley-Goose Bay	897-2137



▶ For the complete Newfoundland and Labrador Immunization Manual, please visit:
https://www.health.gov.nl.ca/health/publichealth/cdc/health_pro_info.html#immunization

CALENDAR 2021

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2	3	4	5	6	7	1 8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



NOTES:

SPECIAL DATES:

- 9th - Mother's Day
- 24th - Victoria Day

For information about children's play and learning, visit: <https://www.gov.nl.ca/eecd/>

RECIPE OF THE MONTH
 [CHILD/ADULT SNACK ACTIVITY]

HOMEMADE ORANGE SHAKE

- ¾ cup (185 mL) vanilla yogurt
- 2 tbsp (25 mL) skim-milk powder
- ½ cup (125 mL) orange juice

In a blender, combine yogurt, skim-milk powder and orange juice. Blend until smooth.

A great source of protein and calcium. Enjoy!

READING LIST

"Fall", Ron Hirschi

"Harold the Purple Crayon",
Crockett Johnson

"Brown Bear, Brown Bear What Do You See?",
Bill Martin Jr.

CALENDAR ACTIVITIES

- 1 Use popsicle sticks or toothpicks to make shapes.
- 3 Count forwards and backwards. Use stairs, buttons or rocks to help you.
- 5 Guess how many carrot sticks are in a bowl. Count and eat them.
- 7 Create a pattern by clapping your hands or stomping your feet. Clap, clap, stomp, stomp.
- 9 Measure ingredients for a recipe.
- 12 Recite "One, Two Buckle My Shoe..."
- 14 Sort coins or buttons by size, colour or shape.
- 17 Play chutes and ladders or another fun board game.
- 19 Sort similar objects from smallest to largest. (e.g., tin cans, boxes)
- 22 Find a pattern in your house and talk about the shape, colour, size that is repeated. (e.g., sheets, pillow cases)
- 24 Sing the song "This Old Man."
- 27 Count toys as you put them away.
- 30 Read a book about counting.

LITERACY - BEGINS AT BIRTH

Here are some ideas of activities for parents to do with their children:

- Set aside a time every day for reading a few stories together
- Read and reread favorite books for pleasure
- Try retelling favorite books from memory
- Look closely at the pictures and notice how they help to tell the story
- Read books that have rhyme and repetition
- Use your voice to make the characters more real
- Look for familiar letters everywhere – have your child find the letters in their name
- Sing the *Alphabet Song* and say the alphabet
- Play rhyming games – “I spy with my little eye something that rhymes with...”
- Play letter sound games – “I’m thinking of a letter that sounds like *mmm...*”
- Write daily messages or love notes for your child
- Provide lots of blank paper, crayons, pencils or markers
- Play word search games – look through books, magazines, posters, and cereal boxes for a “word of the day”



▶ For more information on family literacy, consult your local public library, your child’s school and/or the following websites:
<https://guides.npl.ca/earlyliteracy>
<https://www.zerotothree.org/early-learning/early-literacy>
<http://www.child-encyclopedia.com>

CALENDAR 2021

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

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NOTES:

SPECIAL DATES:

- 20th - Father's Day and First Day of Summer
- 21st - National Aboriginal Day

RECIPE OF THE MONTH
 [CHILD/ADULT PLAY ACTIVITY]

BAKER'S CLAY

- 4 cups (1000 mL) all-purpose flour
- 1 cup (250 mL) salt
- 1 ½ cups (375 mL) water

Preheat oven to 350 degrees (F). Mix the flour, salt and water. Knead dough until smooth. Roll out dough into desired shapes. Bake at 350 degrees (F) for 1 hour. Once cool, paint with colours if desired.

Cooled pieces can be painted with acrylic paints.

Note: Do not eat!

READING LIST

“Hickory, Dickory, Dock”,
 Robin Muller

“Where the Wild Things Are”,
 Maurice Sendak

“One Gray Mouse”,
 Katherine Burton

CALENDAR ACTIVITIES

- 1 Look out your window and talk about what you see.
- 3 How many toes do you have on each foot? Sing the rhyme “This little piggie...”
- 6 Curl up small like a kitten then stretch tall like a giraffe.
- 9 What colour are your eyes? Find someone else in your house with the same colour eyes.
- 11 Pick out a book. Cuddle up and read.
- 14 Listen! What do you hear? Talk about the sound. Is it loud? Is it soft? Do you like the sound?
- 17 Hunt for triangles. How many did you find?
- 19 Make big circles with your arm and change to small circles.
- 23 Tell if it's morning or night. What are some things you do in the morning?
- 25 Walk backwards. Look behind you and be careful!
- 27 Name the people who live in your house.
- 29 Walk in a circle. Walk in a square.



The Division of Early Learning and Child Development, Department of Education and Early Childhood Development, would like to thank everyone who contributed to the development of this calendar through providing input, pictures and/or information material.

Thank you.

Wondering, Exploring, Figuring It Out – Play Has a Purpose

For information about children’s play and learning, visit:

<https://www.gov.nl.ca/eecd/earlychildhood/power/>



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