

Tip of the Month:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Slow Down!</p> <p>The world we are living in has <i>sped up!</i></p> <p>As a society, we have jumped on the hamster wheel of life and we are spinning along at an ever-increasing rate.</p> <p>What our children need to thrive is for us to slow down the rush. They need time just to be children. Children live in the moment and we need to meet them there.</p> <p><i>Here are some ways to slow down:</i></p> <ol style="list-style-type: none"> Schedule slow down time in your day Eat a meal together everyday Create micro-moments of connection Turn off technology Do family activities together often Play with your child Sit and read a book together <p><i>Slowing down helps us tune back into our own intuition about what's best for ourselves and our families!</i></p>	<p>1 Let's learn about another culture's holidays and/or traditions!</p>	<p>2 Put some tape on the floor for me to walk along the line(s) to practice my balance!</p> 	<p>3 Let's "paint" the snow by using a spray bottle filled with water and a couple of drops of food colouring.</p>	<p>4 Let's make snow angels! Whose is the biggest? Smallest?</p> 	<p>5 Help me practice putting on my coat, zipping, buttoning, & putting on my boots, mittens, & hat. Sing a song to make it fun! <i>This is the way we...</i></p>	<p>6 When singing and saying nursery rhymes, point out what a rhyme is. Say: "Hey! WALL-FALL! Those words RHYME. They sounds the same!"</p>	<p>7 Let's write some holiday cards!</p> 
	<p>8 Let's bundle up and go for a winter walk and talk about what we SEE!</p> 	<p>9 Let's find a big, empty cardboard box. I'll use my imagination to create something out of it.</p>	<p>10 Fill up a sink with warm sudsy water & let me practice pouring with cups and bowls.</p>	<p>11 CONNECT, Don't DIRECT! Children need to feel FELT. Resist telling me what to do all the time. Just ENJOY my company!</p>	<p>12 Take the time to nurture and care for yourself today - even in just some small way. I will be so much happier and ready to learn when YOU are happy and well rested too!</p>	<p>13 Let's build a reading fort!</p> 	<p>14 FAMILY GAME NIGHT!</p> 
	<p>15 Make some holiday treats! Read the recipe out loud, & talk about what you do.</p>	<p>16 Show me how to take 10 deep breaths when I feel frustrated.</p>	<p>17 Word of the Day: THANK-YOU! Whenever you hear the word "thank-you", touch your nose!</p> 	<p>18 Over the holidays, please save any empty boxes for me. There are so many ways I can explore boxes!</p>	<p>19 Let's eat alphabet soup today, but encourage me to label and identify the letters and the sound they make.</p>	<p>20 Make your voice go fast/slow, high and low, loud/quiet when reading aloud.</p>	<p>21 Name 5 things you are grateful for every day!</p> 
	<p>22</p>	<p>23 Let me cut any wrapping paper scraps! I need lots of practice with scissors!</p>	<p>24 Tell me about a tradition that you had when you were little.</p>	<p>25</p> 	<p>26</p> 	<p>27 Let's spend quality time together - just be with me. Sit down and take some time to notice what I am truly interested in, and copy what I do. I love you.</p>	<p>28 Can we paint today? You can put a big piece of paper in the bathtub and let me paint the paper with my hands. This will be an easy clean up as I'll already be in the tub!</p> 
	<p>29 Let's learn a new nursery rhyme. How about Humpty Dumpty?</p>	<p>30 Do you want to build a snowman?</p> 	<p>31</p> <p>Happy New Year!</p>				