

Tip of the Month:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The world we are living in has <i>sped up!</i></p> <p>Now that the holidays have come to a close, January is the perfect time to:</p> <h2>Slow Down!</h2> <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 every-day. 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</p> <p>Happy New Year!</p>	<p>2 At meal time tonight, let's describe the food as we eat it. "This carrot is crunchy." "The mashed potatoes are smooth". "The green beans are long".</p>
	<p>3 Let's make and play with goop today. Mix cornstarch with water!</p> 	<p>4 The best questions we ask our children, are the ones we don't know the answers to! Ask me something that you don't know the answer to. Then, let's investigate and learn TOGETHER!</p>	<p>5 Let's play people games today like hide and seek and ring around the rosey!</p> 	<p>6 Make today a no screen day. What else can we do? Dance? Play a game? Read lots of great books? Art? Go outside?</p>	<p>7 Let's make a grocery list by LETTING ME cut out store flyers. Print the letter of the FIRST SOUND of the items. I can start using scissors at age 2!</p>	<p>8 Play: "I hear with my little ear, something that rhymes with... "cat" (hat, bat, rat, etc...)"</p>	<p>9 Family Game Night!</p> 
	<p>10 Let's go tobogganing today!</p> 	<p>11 Help me talk about what we did on the weekend. What did we see? What did we eat? Help me use my mind's eye to imagine what happened! This helps me read books without pictures later on!</p>	<p>12 Start bedtime a half hour earlier tonight to slow down & have more fun with bedtime reading.</p>	<p>13 Make up a scavenger hunt for me! "Look in the fridge... Look under the bed...", etc. At the end, let me find a fun snack!</p> 	<p>14 Sing the alphabet song! Point to the letters & let me trick you by stopping on a letter while you keep singing.</p>	<p>15 Let's draw today! SIT DOWN WITH ME with lots of paper & writing materials and draw WITH me.</p>	<p>16 Play "What Doesn't Belong?" "Is it the apple, the banana, or the shoe? Yes, the shoe because you can't eat it."</p>
	<p>17 Let's write our names in the snow!</p> 	<p>18 Stop and take some time to pay attention to what really interests me. Follow my lead and play like I do. Copy me when I try to show you something. Then wait.</p>	<p>19 Let's make Mr. Potato Heads in the snow!</p> 	<p>20 Share old family photos with me! Tell me a special story about the people in the photos.</p>	<p>21 Can we make animal snow sculptures and use twigs, berries, leaves or other nature bits to decorate?</p>	<p>22 Let's make paper snowflakes today—fold paper, snip!</p> 	<p>23 Let's play with blocks today and count how many stack blocks I can stack. We can also arrange the blocks into a pattern by colour or shape.</p>
	<p>24 Let's bake together today!</p>	<p>25 Let's blow bubbles outside and watch them freeze!</p> 	<p>26 Let's act out our favourite nursery rhyme together!</p>	<p>27 It's Family Literacy Day!</p>	<p>28 Sing a counting song today (Five Little Ducks/ Monkeys, The Ants go Marching, Hickory Dickory Dock...).</p>	<p>29 Resist helping me get my coat, boots, hat, & mitts on if you know I can do it. Plan for this to take extra time - it'll be worth it!</p>	<p>30 Let's build a snow fort today!</p> 
	<p>31 Let's make a picture for someone special today!</p>						