

**Tip of the Month:**

The winter months can be stressful ones with cold weather and darker, shorter days. Emotional regulation and be a difficult task for you and the young ones in your life. While it can help to look towards warmer, longer days it is important to remember to be in the moment with your children.

We forget how hard and overwhelming it can be to be so small. If you are feeling the toll of winter months there is a chance your children are too.

**Check out Zero to Three's resource on mindfulness and how to manage some of this stress.**

<https://www.zerotothree.org/resources/2268-mindfulness-for-parents>

| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  |
|---|--|---|---|---|--|---|
|   |  |   |   |   |  | <b>1 New Years Day! Happy 2022!</b>   |
| <p><b>2</b> Let's go tobogganing or skating today!</p>  | <p><b>3</b> Put your fridge magnets in order. Sing the Alphabet Song and point to the letters while singing!</p>                     | <p><b>4 World Braille Day!</b> This is a great opportunity to teach me about different kinds of reading and writing.</p>                          | <p><b>5</b> Let's go on a nature walk and see if we can see any signs of animals!</p>                               | <p><b>6</b> Write my name many times, along with a variety of other names on a large piece of easel paper. Tape it to a table, the wall, or the floor. Have me find my name by circling it or colouring on top of it!</p> | <p><b>7</b> Fill up the kitchen sink with soapy, sudsy water and let me play with cups, little jugs, sponges, etc.</p> | <p><b>8</b> Take pictures of me creating something. Remember that I learn best from the process of creating something rather than the product. It helps me when you praise me for the process of what I create!</p> |
| <p><b>9</b> Let's make a paper airplane today!</p>  | <p><b>10</b> Warm &amp; engaging relationships, not things, build healthy brains!</p>  | <p><b>11</b> Let's visit an EarlyON Child &amp; Family Program today!</p>   | <p><b>12</b> Help me with my numeracy development — Let's count the stairs as we climb today!</p>                   | <p><b>13</b> Let's visit the Library today! Ask about their program called, Every Child Ready to Read!</p>  | <p><b>14</b> Let's build a fort inside with blankets and pillows. It can be our cozy warm place to read!</p>           | <p><b>15</b> Let's have a picnic! Don't let the cold get in the way. Let's have it indoors!</p>   |
| <p><b>16 Family Game Night!</b></p>   | <p><b>17</b> <i>The more risks you allow your children to make, the better they learn to look after themselves.</i> ~ Roald Dahl</p> | <p><b>18</b> We don't have to always read the words in my books: Let's just talk &amp; learn about the pictures. Teach me new words!</p>          | <p><b>19</b> Let's write a letter together and start a pen pal system with family or friends!</p>                   | <p><b>20</b> Sing Nursery Rhymes today. It would be great if I knew at least 10 off by heart. How many do YOU know?</p>   | <p><b>21</b> Let's use some recyclable materials to make some instruments and have a dance party!</p>                  | <p><b>22</b> Show me how to cut up PAPER with scissors! Let me cut up all the grocery flyers. I can start using scissors at about age 2.</p>  |
| <p><b>23/30</b> Strive for Five turns in a conversation with me back and forth about the SAME TOPIC. Ask me questions that are not "yes" or "no" answers.</p> | <p><b>24/31</b> Opposite Day today! Teach me about opposites i.e. up/down, in/out, on top of and below</p>                           | <p><b>25</b> Let's bring a little bit of snow inside and put it in a bowl or bin. Put my mittens on and let me explore the snow in a new way!</p> | <p><b>26</b> I spy with my little eye! What can you help me notice in our surroundings with a few simple clues.</p> | <p><b>27</b> Let's act out one of our favourite stories. We can dress up and all play a roll. If we want we can film it and re-watch it or share it!</p>  | <p><b>28</b> Let's turn off the lights and play with flashlights! Do you know any shadow puppets?</p>                  | <p><b>29</b> What was your favourite book you've read together this month?</p>  |