

This Month's Inspiration:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Read to your child everyday</b></p> <p>More than one in three children arrive in kindergarten without the skills necessary to be strong life long learners.</p> <p>We can help change this by reading to our children for just 15 minutes everyday from birth until they start school.</p> <p>15 minutes may not seem like a lot of time but it has a great impact.</p> <p>15 minutes a day by the age of 5 is equal to 27,375 minutes or 456.25 hours. That is a lot of new words and ideas to learn!</p> <p>Aside from reading being good for learning it helps build a significant bond with your young one! Who doesn't love a cuddle and a good book?</p> <p>For more information visit : <a href="http://www.readaloud.org">www.readaloud.org</a></p>					<p><b>1 Happy Canada day !</b></p>	<p><b>2</b> Check out your local EarlyON Child and Family Centre's website to see all of the different virtual services that are being offered!</p>	<p><b>3</b> Try to read to me fifteen minutes per day, whether it is all at once, or little bits throughout each day.</p>
	<p><b>4</b> Spend as much time outside as possible! The recommended outdoor time is 3 hours per day. This can reduce stress for your child.</p>	<p><b>5</b> Let me choose some books to take home from the store or library.</p>	<p><b>6</b> Let's sing what we see today,. Row your boat, twinkle twinkle little star, itsy bitsy spider.</p>	<p><b>7</b> Help me find a way to have fun doing things I don't like to do. Sing! "This is the way we ____, ____, ____, This is the way we ____, we do it everyday"</p>	<p><b>8</b> Give me a new responsibility around the house today. Help me become responsible for that thing each day.</p>	<p><b>9</b> I'm learning to make decisions. Offer me choices when possible.</p>	<p><b>10</b> Make up a basket with books and put it in a room that does not have any books!</p>
	<p><b>11</b> Can we bake something today? Let me do some measuring and tasting!</p>	<p><b>12</b> Make me a sensory scavenger hunt. Something smooth, something soft, something wet, etc.</p>	<p><b>13</b> Bath time! Let's bring some toys in or read me a book while I bath.</p>	<p><b>14</b> Start bedtime a half hour earlier tonight. Slow down all routines, relax into bedtime, and read some good books. Take time to listen and just <b>BE with me.</b></p>	<p><b>15</b> Drive to another neighborhood and go for a walk there. Pretend to be observational scientists: What's different? What is the same?</p>	<p><b>16</b> Help me use my mind's eye to think &amp; talk about the future. What will tomorrow be like? What did we do yesterday? This helps me when I read stories without pictures later on.</p>	<p><b>17</b> Make play dough and let me take it outside. We can use natural materials to make prints and shapes.</p>
	<p><b>18</b> Let's have a fun day outside today and try to stay out as long as we can. Turn off the screens!</p>	<p><b>19</b></p>	<p><b>20</b> Let's go outside and collect pinecones, stones, twigs, leaves, and acorns. These materials allow me to do the thinking when exploring, building and creating!</p>	<p><b>21</b> Help me learn the names of the trees by looking at their leaves/needles.</p>	<p><b>22</b> Make an obstacle course for me outside and time me! See how much faster I can do each day.</p>	<p><b>23</b> Let's make leaf rubbings today...put a leaf under a paper and rub crayon on top.</p>	<p><b>24</b> Read a familiar rhyming book tonight &amp; let me fill in all of the rhyming words. Tell me which words rhyme and why.</p>
	<p><b>25</b> Let's go out for some water play today! Fill up a pool, some buckets, or turn on the sprinkler!</p>	<p><b>26</b> Take me to your favourite place outside. Show me why it is your favourite place and help me enjoy it too!</p>	<p><b>27</b> Can we put a blanket over our table today? I'll think about what it will turn into!</p>	<p><b>28</b> Let's learn some new nursery rhymes!</p>	<p><b>29</b> Make limits on my screen time. Set a good example for me.</p>	<p><b>30</b> In the car today, play a game of "My name is ____, I live in ____, and I like to eat ____. <b>Make everything begin with the same SOUND.</b></p>	<p><b>31</b> Let's learn a song about washing our hands. We can Google search, "Hand Washing Songs for Children" - lots of options to choose from!</p>