

JANUARY 2022

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READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Make a necklace out of dry cereal or pasta.
2 Practice walking backwards.	3 Walk around the house and ask your child to name all the white items they see.	4 Go outside and explore! The more you see and do together, the more your child learns.	5 It's the new year! Talk about something new or exciting your child will do this year.	6 Sing the ABC song.	7 Read a book with snowmen in it.	8 Cover a small toy with playdoh; encourage your child to dig into the dough to find a treasure!
9 Pretend you are a penguin. How would you move? Where would you go?	10 Count the trucks or flowers or cats or whatever catches your child's eye whenever you see them.	11 Draw snowflakes with white crayon on dark blue or black paper.	12 Answer your baby's babbles by repeating them then adding a new sound.	13 Sing a favorite nursery rhyme .	14 Visit the library and check out a book.	15 Draw pictures of special people in your life and write their names.
16 Play peek-a-boo and/or hide-and-seek.	17 Build with blocks and count as you go. Short into shapes.	18 Bake something together; talk about the way batter or dough becomes different when baked.	19 Speak in "parentese", a high pitched, sing-songy voice. Babies under 1 listen more when you do.	20 Sing and dance together.	21 Read a biography.	22 Draw circles in different colors.
23 Play follow the leader (touch your head, turn around, sit down). Then, ask your child to do the same things.	24 Encourage and help your child to hold up their fingers when talking about a certain number.	25 Look at animal pictures together and make the sounds of each; turn it into a guessing game.	26 Babies use gestures and movements for expression. Nursery rhymes provide time to pair movement with sounds.	27 Use empty containers to make drums. Then, play along to your music.	28 When you share a book today, point to the words in the title as you read them.	29 Use dry cereal or pasta to make letters.
30 Build together using blocks, sticks, or whatever you have on hand.	31 Count those precious piggies and fingers every day.				 615-862-5750	