



# JANUARY 2023

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# READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Encourage your child to lead their own story time at home.	2 Find and count five things that are white around your house.	3 Smell different spices in your kitchen. Which one is your favorite?	4 Give your child a choice between two foods to have for a meal. Describe them, too.	5 Sing an alphabet or number song.	6 Start the year off right! Cuddle up with your little one and read their favorite book.	7 Make up captions for your children's artwork and write them, spelling as you go.
8 Pretend you are a snowflake. How would you move? Where would you go?	9 Have your child pick up all the toys of one type or color at a time.	10 Look at a photo of a snowflake and count it's 6 points.	11 Talk about feelings: happy, sad, frustrated, etc. when applicable.	12 Make up a winter song! "Hello winter, Hello snow..."	13 Read a non-fiction book about something that interests your child.	14 Let kids trace the letters of their name. Highlighters are awesome utensils!
15 Jump the ABCs. It's a great way to reinforce all the letters.	16 Let your little one help pick up twigs from the yard; count them.	17 Put up a bird feeder and notice the differences in birds the visit it.	18 When you look at a book together, talk about the illustrations.	19 Play CDs or stream music of Children's songs and sing along! Check out Hoopla for free music.	20 When you share a book today, allow your child to turn the page.	21 Build fine motor skills using scissors, hole punching and playdough.
22 Make silly faces at each other.	23 Work a simple puzzle together.	24 Catch a snowflake on your hand and talk about cold vs. hot and melting. If it's not snowing, use ice.	25 Talk with your little one about everyday things throughout the day.	26 Babies love to move to the beat. Play something to get them moving and dance with them!	27 Read a counting book.	28 Take turns drawing on the same picture as your child. They are watching you!
29 Have unstructured play time. It builds imaginations!	30 Weigh your child and write it here: <hr/>	31 Blow on a feather or small scrap of paper and talk about wind.				 615-862-5750