



JANUARY 2024

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READ to RISE

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