

# Parent & Child Activity Calendar

Watertown Preschool Collaboration  
and Family Resource Center



THE PARENT INSTITUTE®

## Parent & Child Activity Calendar

Early Childhood  
**Parents**  
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> Think of "what if" questions to ask your child. Ask her: "What if you walked on your hands?" "What if dogs could talk?"	<b>2</b> Work on balance today. Have your child walk backward, then stand on one foot, and then walk in a straight line.	<b>3</b> Encourage your child to be a gracious winner and a good loser.	<b>4</b> Talk about the word <i>independence</i> with your child today. What does it mean?	<b>5</b> Freeze fruit juices in ice cube trays to make popsicles. Enjoy them with your child.	<b>6</b> Take your child to a playground. Encourage him to swing, climb and use the slide.	<b>7</b> If you don't have time to read to your kids at night, read in the morning. It's a real "power breakfast."
<b>8</b> Talk about favorite songs. Ask your child why she likes her favorite song.	<b>9</b> Ask family members, "If you were an animal, which animal would you be and why?"	<b>10</b> Cut out several shapes from heavy paper. Have your child glue them together in a pattern to make a "quilt."	<b>11</b> Have your child lie down on the driveway or sidewalk. Trace his body with chalk. Let him decorate the drawing.	<b>12</b> Help your child make a bookmark. She can decorate a strip of paper and you can cover it with clear tape.	<b>13</b> Go on a counting walk with your child. Pick something to count (cars, signs, birds, bikes) and keep track.	<b>14</b> Let your child help you wash the car. Or wash toys outside together.
<b>15</b> Is your child turning into a summer couch potato? Limit TV time and encourage outdoor play.	<b>16</b> Play a game with your child today. It can be an active outdoor game or a quiet board game.	<b>17</b> Help your child plant seeds from a fruit he's eaten. Plant them in a paper cup, water them and see if they grow.	<b>18</b> Give your child opportunities to make choices. "Will you wear the blue shirt or the white shirt today?"	<b>19</b> At dinner, have each family member say something nice about every person at the table.	<b>20</b> Place items in a shoe box. Cut a hole in the lid and have your child reach in. Can he guess what the items are by touch?	<b>21</b> Show your child how her shadow moves. Look at shadows at different times of the day. Do they change?
<b>22</b> Go for a bug hunt outside. How many different kinds can your child find? Which is the biggest? The smallest?	<b>23</b> Read a poem aloud. Stop to let your child guess what the next rhyming word will be.	<b>24</b> Help your child measure something with a ruler. Count the inches together.	<b>25</b> Are you taking a bus or car trip with your child? Don't forget to take along some audiobooks.	<b>26</b> Make tonight a screen-free night. Have a family reading night instead.	<b>27</b> Play the "last word" game. "A fire is hot, but ice is ____." Have your child fill in the last word.	<b>28</b> Look for a free concert or play you can attend with your family.
<b>29</b> Have a summer picnic! Spread a blanket and enjoy an outdoor meal with your child.	<b>30</b> Give family members marshmallows and toothpicks. See who can build the tallest tower.	<b>31</b> Have your child close her eyes and tell you everything she hears.	<h1>July 2018</h1>			