

Preschooler Activity Calendar

Ideas for children from 3 to 5 years old



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Dear parents and caregivers,

You are your child's best teacher. They will learn the most about the world from you. This calendar has been created to provide you with an activity to try with your child every day.

These activities do not require a lot of time, materials or preparation so you can fit them into your daily routine.

Activities are designed to encourage development in the areas of

- communication-the language they understand and the language that they express
- gross motor skills– how they move their bodies in physical activities
- fine motor skills– how they use their hands
- self help skills and independence
- social skills
- problem solving skills with focus on their auditory attention, visual attention and memory building skills

Recipes, rhymes and parenting tips are included also to inspire and encourage. Please use caution and supervision with all the activities.

Take time to play and enjoy creating special moments with your little one. Your impact on their overall development will be significant and will last a lifetime!



Ideas for preschoolers from 3 to 5 years old



Parenting tip: Sleeping and your preschooler

Preschoolers need around 10-13 hours of sleep including naps. Many children continue to nap 1 hour a day until they are over 4 years old. If your child can fall asleep easily, wake up easily and is not tired, irritable and not too moody during the day, then they are getting enough sleep.

Try to establish a good bedtime routine.

- Use their bed only for sleeping not for watching TV, using electronics or for using as a “timeout” or a cool down area.
- Set times for going to bed, waking up and taking naps, keep them at the same time daily.
- Avoid giving your child food and/or beverages (especially those with caffeine and/or sugar) after supper.
- Establish a wind down period 30 minutes before bedtime (i.e.: warm bath, play soft music or nature sounds, read a book).
- Make the bedroom quiet, cozy and dark (especially in the summer months).

Rhymes:

Looby Loo

Here we go looby loo,
Here we go looby li,
Here we go looby loo,
All on a Saturday night
Now put your *right foot* in
Put *right foot* out
And give your foot a shake, shake,
shake
and turn your body about.
Continue switching body parts.

Hickory Dickory Dock

The mouse went up the clock
The clock struck one
The mouse ran down
Hickory, Dickory Dock
Repeat with: The clock, struck
two...the mouse said boo!
The clock struck three....the mouse
said “Whee!”
The clock struck four the mouse said
“No more!”



Recipes

Peanut Butter/Banana Coins

Spread peanut butter or pea butter (if allergic to nuts) on a tortilla wraps. Place banana on one side and roll it up. Then slice the roll into 1/2inch coins to eat. Enjoy!

Veggies and cottage cheese

Mix chopped green onions and celery, (grated carrots would work also) with cottage cheese and pepper to taste. Serve.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Look at a book together. Ask questions like "Can you see the black cat?" or "do you see the red car with the black stripe?" etc. Point to them as you find them together	Talk about feelings with your child. In front of a mirror make "happy, sad, mad, surprised, scared" faces together.	Play hide and seek with a favorite toy of your child's. Take turns hiding it and then looking for it. Describe while searching. "Is it under the table? On the couch? Oh here it is by the lamp."		From flyers, cut out your child's favorite foods. When you go shopping hand them a picture and look for the item in the aisle, together. Talk about the foods and give them hints as to where it is.	Make snow angels in the snow together. When you come back in make snow angels inside on the floor. Then stand up and get them to try and call them jumping jacks!	Make some small balls of playdough and with a fork, poke the balls to make holes. Supervise as forks can be sharp.
Try playing "Go fish" with your child. If they do not understand, have them play with another adult partner or just practice matching the cards that are the same.	Sing this month's rhymes together: "Looby Loo" and "Hickory Dickory Dock"	Play a bowling game together. Stack some blocks or containers. Then roll a ball and knock them over. Repeat!	Clip clothespins around the rim of a coffee can or bucket or put blocks in the can. Count each one as you place.	Doodle with your child. Provide them with lots of paper, thick pencils and crayons to create and doodle away.	With some pipe cleaners, show your child how to twist them together to make shapes. Make a circle bracelet.	Have your child get on all fours like a dog. Hold a foil balloon out to the side of your child within kicking distance. Encourage them to kick the ball sideways...dog kicks!
With colored vegetables or fruits have your child separate the colors into different piles and talk about the colors.	Get your child to fold themselves into a small ball on the floor when kneeling. Then ask them to turn themselves into a giant tree and reach for the sky. Say "small ball, giant tree" Repeat actions.	When bathing your child add some food coloring to color the water or put some colored water in some containers and allow them to pour and mix in the tub.	String some "O" shaped multi grain cereal onto a string together, then hang outside for the birds to eat.	Play the "Hokey Pokey" with your child. Place a sticker or a mitten/sock on the right hand and foot. So they begin to recognize the difference between right and left.	Have a "blue" day. Wear something blue. Find things in your home or outside that are blue. Have a blue snack (blueberries, milk with blue food coloring, etc.)	When picking up toys have your child sort the toys and put them in separate containers...all the cars in one, the blocks in another etc.
With masking tape make a road on the floor, under the table around a chair, over a pillow, etc. Then take small cars and drive them on the road.	With some popsicle sticks and some yarn. Show your child how to make different shapes and even numbers or letters, label them as you make them.		With some clothes play dress up with your child, let them wear your clothes (T-shirts scarves, shoes, socks) and wear some of theirs: pants on your head, socks on thumbs etc.	Make a tea party or a picnic for your child and their stuffed animals/dolls. Pretend to feed and talk to the animals/dolls, ask them if they would want more etc.	Look through some family pictures together. Talk about what is happening in the pictures. Ask your child who the people are in the pictures also.	Go ice skating with your child. Make sure they wear a proper fitting CSA approved hockey helmet with face protection. Support your child under the arms and assist with a gliding motion. Or let them push a chair.

Ideas for preschoolers from 3 to 5 years old

Parenting tip: The importance of reading and rhyming

“Sharing books is an ideal time for having conversations. It is a quiet, cozy time with something to look at and talk about– an experience to share” (Ayala Manolson -It Takes Two to Talk)

Make time in your schedule to read with your child. It is okay to read a favorite book over and over again. Change how you read books by using different voices, or leaving out words and see if they will fill them in, even try changing the words to include them and your family in the story.

Share rhymes and songs with your child everyday also. “If children know eight nursery rhymes by the age of four years old, they are usually the best readers by the time they are eight. From rhymes, children learn words, sentences, rhythm, rhyme, and repetition, all of which they’ll find later in the books they read “(Mem Fox, Reading Magic, 2001)

Take regular trips to the library to get new books to explore! Most libraries offer free or very cheap annual memberships for children. Check out your local library this week!



Recipes:

Baked Mozzarella Bites

Cut squares of mozzarella cheese and place between two round crackers for 8 minutes in baking pan at 350 degrees. Take out and cool a bit and serve with pasta sauce for dipping.

Smoothie

Mix a variety of fruit (strawberries, pineapple, watermelon, banana) and place in a blender. Add yogurt, a couple of ice cubes, and some milk if it is too thick. Blend and serve with a straw. Mmmmm!

Rhymes:

I’m walking to the mailbox (*Tune: The More we get together*)

I’m walking to the mailbox, the mailbox, the mailbox

I’m walking to the mailbox, to mail my valentines

I’m skipping....I’m hopping...I’m tiptoeing...I’m running to the mailbox...



To mail my valentines

I’ll love you forever (*Make up your own tune!*)

(From the Robert Munsch story “Love You Forever”

I’ll love you forever, I’ll like you for always

As long as I’m living my baby you’ll be.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Read a favorite book together. Leave out certain words as you tell the story and see if they will fill in the blanks.	Play “freeze”. Play some music and dance together. Then turn off the music and “freeze or stop”. Turn the music back on and then say “go”.	With a child sized blanket, wrap around your child and have them pretend to be a superhero or a ghost or a bird flying in the sky. Talk about what they see as they pretend.	Allow your child to make breakfast with you. Allow them to scoop their cereal from one bowl to another, give them a small cup of milk to pour with. Let them spread with a butter knife etc. Supervise.	Fill a plastic spray bottle with water and food coloring. Have them spray onto the snow to make designs. If it is too cold bring snow indoors and color in a container or sink.		Make a fort out of cushions, pillows and blankets. Take a flashlight and read a story inside the fort when it is all built.
Sort a deck of cards together, by numbers or by colors or by shapes/suits.	Make valentine’s cards together for your loved ones and friends. Decorate with cut out hearts, stickers etc. Put them in envelopes and mail them!	Play an action game with counting in it. Ask your child to jump three times, wiggle their fingers twice, turn six times, blink once, etc.	Sing this month’s rhymes together: “I’m walking to the mailbox” and “I’ll love you forever”	Give your child an adult sweater with large buttons to practice fastening and unfastening buttons.	Have a “red” day. Wear something that is “red”. Cut out red hearts and decorate. Look for different things that are red in your home. Eat snacks that are “red” apple, tomato, salsa etc”	Play with play dough and make a family of snowmen, use toothpicks for arms, little balls of play dough for facial features etc.
In the snow stomp down a circle and a large “X” in the middle. Play tag, sticking to the pathways, the center is the safe zone. Pretend to be fox and geese.	Talk about the concepts “big and little” show them examples within the house or outside (shadows, hands, feet, shoes, gloves, shirts, animals, plates, bowls etc.)	Suspend a foil balloon from a ceiling at shoulder height and encourage your child to bump it with their right hand, left hand or with a plastic bat or paddle.		Make different animal sounds and see if your child can guess which animal. Ask “what animal makes this sound ____?”	Arrange a play date with another child or children. Or attend a parent/tot group to meet other families.	Encourage your child to draw faces of family members and of themselves. Encourage them to describe features and people as they draw.
Sing the “Wheels on the bus” and do the actions as you sing.	Talk about rhyming words or words that sound the same. Explore what words rhyme with “cat”. Write them down together, so they can see.	Talk about feelings, act out different emotions and then like charades ask them to guess how you are feeling, by looking at your face and how it changes.	Print your child’s name in large letters on a piece of paper and help your child to trace around them.	Sit opposite of your child with your legs spread out and roll a ball back and forth to one another. Talk about “fast/slow” concepts and compliment with “good catch, nice roll etc.”	Before bedtime, read your child a story and then ask them “what was the best part of your day and what was the worst part of your day?” Share yours also!	Play “Simon says” in the tub. Say “Simon says wash your toes”, “Simon Says wash your belly button”, “ wash your ears “, “Oh I didn’t say Simon Says” etc.

Ideas for preschoolers from 3 to 5 years old

Parenting tip: Exercise and your preschooler

Over half of Canadian children are not active enough to ensure optimal growth and development. So.... exercise with your child everyday!

Each day encourage your preschooler to participate in at least 60 minutes of structured physical activity. Such activities could include: swimming, walking, running, riding bikes, dancing, kicking, throwing, catching, jumping, skating, climbing, etc. and other active sports.

If you cannot structure their day with activity such as these make sure that they have at least 60 minutes or more of unstructured physical activity, with free play involving movement like running, jumping, dancing, building forts, etc.



Rhymes:

5 little monkeys

5 little monkeys jumping on the bed (*5 fingers jumping on a palm*)
 One fell off and bumped his head (*Point to head*)
 Mama called the doctor and the doctor said (*pretend to phone*)
 No more monkeys jumping on the bed. (*Nod head; shake finger*)
 Continue:4,3,2,1
(Variation: 5 little snowmen riding in a sled...Frosty called the doctor)

Hi my name is Joe

Hi my name is Joe (*Wave "hi"*)
 I work in a button factory
 I've got a wife and two kids (*show 2 fingers*)
 One day my boss came up to me and said "Joe are you busy?"
 I said "No I'm not busy" (*Shake head "no"*)
 He said "push this button like this" (*push button with finger*)
Repeat and keep adding buttons with both hands, feet and tongue!

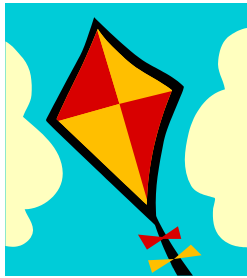

Recipes:

Fruit kabobs

On wooden skewers, place an assortment of fruit (grapes, watermelon, strawberries, oranges, pineapple) Serve for a snack or with lunch. Be careful skewers are sharp! Supervise! Serve with plain yogurt for dip.

Veggies and dip

Combine 1 cup plain yogurt, 1/2 cup spinach, 1/4 cucumber, 1/2 tsp. pepper, 1 tsp. lemon juice, 1 tsp. dill in a food processor. Blend until smooth. Use vegetables like peppers, broccoli, carrots and cucumbers and dip!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Place pillows, large books or carpet squares all over the floor, then pretend that the floor is water and you have to step on the “rocks” or the “crocodiles” will get you.	During bath time, talk about body parts and see how many different ones your child can name, try different ones like “elbow, chin, ribs, ankle, etc.”	Talk about rhyming words –words that sound the same. See how many words rhyme with “hop”. Write them down to show your child what they look like.	Hide a small toy in one hand. Ask your child to guess “which hand it is in?”... “this hand or that hand?” or for the older child “my right or left hand?”	With a brag book or photo album, have your child cover their eyes and cover part of the picture, then when they open them have them guess who or what it is.		Give your child a sheet of stickers, let them take them off and decorate another piece of paper or a coloring page.
Read a story together that has some fun rhymes in it (like a book of Dr. Seuss, or nursery rhymes).	Have your child help you wash some vegetables for a meal like potatoes, or carrots. Count the veggies also. Wash lettuce and have your child help you rip to make a salad.	Play and sing “Ring around the Rosie” together.	On a cookie sheet sprinkle some flour or cornstarch, with your child practice drawing numbers or letters in the powder.	Recite the days of the week with your child. Point to a calendar like this one while saying the days.	Place your child’s snack in a container with a twist off lid. Other good twisting items are bolts and nuts that match, and plastic bottles with lids that twist on.	Have a “green” day. Wear something green. Play “I spy something green”. Eat green snacks (peas, cucumber, celery, kiwi or honeydew melon, etc.)
	Give your child some straws to practice cutting. The straws tend to pop and jump all over– so it is fun! Supervise and watch that they do not cut themselves.	Prepare some raisins, cut up grapes or even cubes of cheese. Before eating, ask your child to count their snack pieces with you as you place before them or put into a container.	Poke toothpicks into play dough to make a porcupine. Then count how many quills there are, together.	Play catch with your child with a medium sized ball. Help them learn how to catch with their hands extended or in their arms.	Make silly sounds together. Name an object and then make its sound. (try a fire truck, a lion, a cat fighting, a new puppy, a spaceship etc.)	Make a bank for your child, by cutting a slit in a plastic container lid. Have them practice sliding poker chips or buttons in. Repeat.
Sing the “ABC” song while washing your hands together. Talk about the importance of using soap and warm water and to scrub, scrub, scrub until the song is done!	Show your child how to nest containers, into one another. Bowls or measuring cups or stacking cups work well for this activity.	Practice going up and down stairs with your child. Encourage them to hold on to a rail or your hand for support at first. Eventually they will be able to go up with one foot per step.	Have your child practice using “yes and no” in their communication. Ask them questions “Do you like bananas?” “Do you like onions?” Encourage them to nod and say the answers.	With different colors of paper, place on the floor or table and then with toys (like blocks, cars that match the colors) classify and sort, as well as label the colors.	With a jump rope or string, tie to two chairs so that the rope is two inches off the floor. Hold your child’s hand and practice jumping over the line, raise the rope to make it harder.	Have your child practice using a zipper. Place a jacket on the floor and show them how to do it up and undo it.

Ideas for preschoolers from 3 to 5 years old

Rhymes: See the little funny bunnies

See the little funny bunnies sleeping until noon (*children lay and pretend to sleep*)

Shall we wake them up with our funny tune

Oh so still...Are they ill?

1,2,3,4

Hop little bunnies (*children hop*)

Hop, hop, hop

Hop little bunnies

hop, hop, hop

Hop little bunnies, hop, hop, stop!

I'm a little bunny (*Tune: I'm a little teapot*)

I'm a little bunny watch me hop (*hop*)

Here are my two ears see how they flop (*hands become ears*)

Here's my cotton tail and here's my nose (*one hand to be a tail*)

I'm all furry from my head to my toes (*point from head to toes*)

Recipes: Banana Breakfast Split

Ingredients: 1 banana, yogurt (frozen or not), granola or whole grain cereal, berries (fresh, frozen or canned)!

Place yogurt in a bowl, cut banana in pieces. Sprinkle with berries and granola/cereal. Enjoy this nutritious parfait for breakfast!

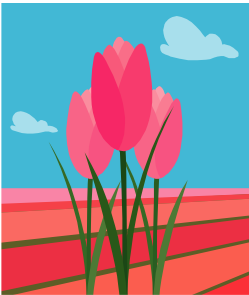
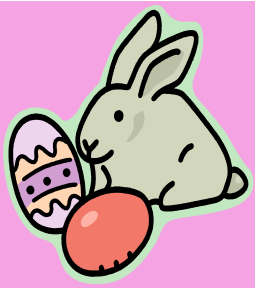
Cheesy stacks

On a baking sheet, top whole grain crackers with grated cheddar, mozzarella, or Havarti cheese. Place in a 350 degree F oven until cheese is melted. Optional: after, top with finely chopped cucumber, green onions or salsa. Cool for a bit and serve!

Parenting tip: Dental care

- Show your child the importance of brushing their teeth. Do an experiment together. Put an egg in Coke overnight. Then use toothpaste to brush off the stain. Talk about plaque and bacteria and the importance of brushing!
- Help your child brush their teeth after every meal, and help them floss once a day until they are eight years of age.
- Only serve your child water to quench their thirst and promote drinking milk with every meal. Choose to stop the pop! Keep pop, energy or sports drinks drink, caffeinated beverages, even fruit juices (high in sugar and acid) out of sight.
- Visit your dental health professionals regularly! Check with your Community Health Services office to see if they have a dental program.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Practice hand washing with your child: before meals, after meals, after coughing or sneezing or wiping nose, after using the toilet, or coming in from outside.	With long paper strips, have your child practice cutting with single snips. Glue pieces on to a paper after.	Record your child with just audio or video, and have them answer questions like “What’s your name?” “How old are you?” and have them sing rhymes, play back!		Fill a bag with different items from the house and small toys. Have them reach in and grab one item and then have them guess by feeling (not peeking) and ask “What is it?”	Have your child help to set the table for a meal. Show them where everything goes. Talk about the names of everything and who sits where.	Make a tape town, mark roads, driveways and parking lots with masking tape. Use boxes to become stores, schools and houses. Add the toys and people!
On an oval shaped paper, have your child color with crayons, make circles, lines, tornados, etc. Then paint over top with a thin layer of paint. Pretty egg!	Sing this month’s featured rhymes “See the little funny bunnies” and “I’m a little bunny”.	Allow your child to practice jumping. Jump on a mattress placed on the floor, or on cushions. Supervise carefully! Great exercise for strengthening legs.	Make finger-paint (Mix 3 tbsp. sugar, 1/2 cup cornstarch and 2 cups of water in a pot, cook over low heat, divide into smaller portions and add food coloring) Cool and paint!	Have a “purple” day Wear something purple. Mix blue and red food-coloring and water together to make purple. Eat purple grapes. Find something purple.	Make a book with your child. It is a story book, so have your child tell you a story and write it in the book. Try to write in it daily and read at bedtime.	Color eggs with your child. Decorate with wax crayons then dip the eggs into containers filled with vinegar, and food coloring. Let dry.
Have an egg hunt. Hide plastic eggs throughout your house or yard. Give your child a basket and then have them collect. After, count the eggs to see how many they found.	Try playing a board game likes “Snakes and ladders” with your child, help them to count the dots on the dice and the spaces to move.		In an egg carton, color the egg cups with a color that corresponds to a plastic Easter egg. Then have your child match the eggs to the colors in the cups.	Have your child help you sort coins. Place into piles of pennies, dimes, quarters, loonies and two-nies.	Have your child close their eyes, then gently touch a body part. Then ask them to open their eyes and tell which part you touched. Try shoulder, elbow, chin, etc.	Sing your child’s favorite song with them. Use a musical instrument to jazz it up also!
Target toss. With a ball or a crumbled up paper or rolled up sock, toss at a target or into a bucket or container.	In your conversations or when looking at a book use position words like “in, out, under, on, beside, in front of” etc.	Ask your child “how old are you?” Help them to respond by showing how many fingers, and saying “I am ___!”	Cut a cereal box picture or greeting card into four or five pieces and then have your child put back together.	After your child’s bath, give your child some lotion to rub onto different body parts. Talk about how it feels, and how to rub it in , and body parts.	Talk about rhyming words –words that sound the same. See how many words rhyme with “sock”. Write them down to show your child what they look like.	With sticks or straws, make the letters of your child’s name together. See if they can copy the letters with the stick patterns.

Ideas for preschoolers from 3 to 5 years old



Rhymes: Five little fishies

Five little fishies swimming in the sea (*swim hands*)

Teasing Mr. Shark you can't catch me (*taunt with fingers on head, stick your tongue out*)

Along comes Mr. Shark as quiet as can be (*put hands together and swim slowly*)

And snap! (*clap hands together*)

Repeat 4,3,2,1 fishies *The last fish gets away and says: you missed me!*

Hokey Pokey

Put your right foot in, you put your right foot out,

put your right foot in and you shake it all about

You do the hokey pokey and you turn yourself around,

That's what it's all about

Parenting tip: Language development warning signs

If your child is between the ages of three and five and you answer "no" to any of the following questions with respect to your child's language development then please contact your local Community Health Service office or a Speech and Language Pathologist for further assessments.

- Can other people understand your child's speech?
- Can your child say the following sounds in their speech: p, b, m, n, t, d, h, w, y,?
- Can your child repeat words and short sentences they hear?
- Does your child use 3-4 word sentences?
- Does your child understand 2 step directions?
- Does your child use questions (who, where, what)?
- Does your child use size and location words (big /little; in/out)?
- Does your child use action words (run, jump, lie down)?
- Can your child label everyday objects and body parts?

Recipe:

Easy Pizza Muffins:

Mix together 1/2 cup water

1 tsp. sugar

1 tbsp. yeast

Let set for 5 minutes, then

add :

1/2 cup water,

1/4 cup of oil,

2-3 cups of whole

wheat flour as much as is



needed to make a soft (not

sticky) dough.

Divide dough into 12 pieces and place in muffin tins, ensuring there is a small well in each.

In each well, place 1 tsp of tomato or pizza sauce, preferred toppings (ham, pineapple, mushrooms, onions, etc.)

Top with grated cheese. Bake at 350 degrees for 20 minutes. These freeze well also. Tasty!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fill a bag with common household objects and then ask your child to tell you "what do you do with this?" Help them to use descriptive words to explain.	In a basement or outside, give your child a large rubber ball that they can kick against a wall, and retrieve. Repeat. Place a colorful target on the wall to aim at, also.		Have your child help you sort laundry by color (whites, reds, blues and blacks etc.) Have them help you to put the laundry in and out of the machines.	Play hopscotch together. Make a hopscotch with numbers 1-10. Practice hopping with one foot, then on two then back to one.	Sing "Old MacDonald had a farm", together.	Use a white candle or crayon to draw a magic message on a white piece of paper. Then have your child paint a thin coat of paint and the message will appear! Read!
With alphabet shaped noodles or cereal. Find a letter then see if your child can find one that looks like it.	Give your child a spray bottle with water mixed with vinegar and paper towel to clean mirrors and windows.	Roll play dough into snakes or logs and have your child cut into pieces with scissors. Put the pieces into a container and pretend they are macaroni that needs to be cooked.	Show your child how to cross the street safely. Teach them to look left, right and then left again. Make sure it is safe, and then proceed with your arm out. Children (9 and under) should cross the street with an adult.	Have a "yellow" day. Wear something yellow. Find yellow things in your home. Eat yellow foods like (banana, pineapple, eggs, cereal etc.)	Stack blocks or small boxes. Count as you stack and see how high you can build before they topple! Repeat!	Give your child magazines, flyers or newspapers, and show them pictures to try to cut out. The stiffer the paper the better. Show them good positioning and help if needed.
Hide a small toy. Then cue your child by saying to your child that they are "getting warmer", or "hot" or "cold" depending on how close they are to the item.	Go swimming with your child. Consider enrolling in a "Parent and me" swim class. Explore and play together in the water. Keep your child with-in arms reach at all times.	Name a variety of farm or zoo animals and talk about whether they are big or small.	Sing this month's featured rhymes: "Five little fishies" and "Hokey Pokey"	Talk about rhyming words –words that sound the same. See how many words rhyme with "bee". Write them down to show your child what they look like.	On a walk outside, have your child gather rocks. Then ask them to say a letter. Then with the rocks make that letter. Have your child copy!	Plant a seed in a cup or outside in the ground and talk about what it needs to grow and then watch and check daily. Help your child to water.
Count with your child as they walk up stairs, as you pick up toys, or different items like popsicle sticks, spoons, crayons etc.	Take a walk with your child and pick up some dandelions or flowers together.	"On your mark, get set, GO!" Ask your child to "run to touch the tree, then the house, then the bike". Limit or increase the touch targets depending on how they remember.	Imitate animals and their movements and see if your child can guess what you are acting out.	Trace your child's handprints or footprints on a piece of paper. Then have your child color in the print, with crayons.		Send your child on a scavenger hunt to look for items like a black rock, a green leaf, a yellow flower, a worm etc.)

Ideas for preschoolers from 3 to 5 years old

Parenting tips:

Sun safety: Always have your child wear a hat when going outside. Try to encourage them to wear sunglasses also. Apply children's SPF 30(or higher) sunscreen on all skin that is exposed to the sun, every time you go out and especially when playing near or on water. Re-apply every 2 hours when in full sun.

Water safety: Your child should be within arms length of an adult anytime they are in or around water. This includes pools, bathtubs, and beaches, and other water sources. Approved lifejackets should be worn by preschoolers when they are playing in or around water and on a boat.

Mosquito safety:

For children (2-12 years) of age, use a repellent (with 10% DEET or less) no more than three times day. Have your child wear long pants and sleeves, at dawn and at dusk when mosquitoes are at their worst. Avoid putting repellent on faces and hands. Put repellent on after sunscreen for the best effectiveness.

Rhymes:

Me

Two little eyes that open and close (*blink eyes*)
Two little ears, but just one nose (*point to ears and nose*)
Two little shoulders one on each side (*point to shoulders*)
Two little arms to open wide (*open arms to hug*)
Two little hands busy all day (*shake hands*)
Two elbows that bend, they're made that way
(bend elbows)
Two little feet so sturdy and strong (*stomp feet*)
And two little legs that run all day long (*run*)

Teddy Bear

Teddy bear, teddy bear
touch the ground
Teddy bear, teddy bear
turn around
Teddy bear, teddy bear
touch the sky
Teddy bear, teddy bear,
fall to the ground
*(Have child act out
actions) Go faster second
time!*


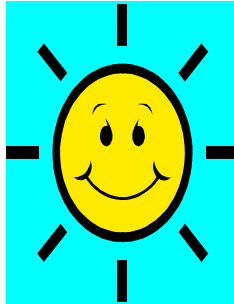
Recipes:

Apple cheese melt: Toast a slice of raisin bread, arrange thin apple slices on top, and then place grated cheddar cheese on top. Microwave for 30 seconds until cheese is melted. (Or place bread and toppings on a cookie sheet and bake in the oven or toaster oven) Cool, cut and enjoy!

Milkshake for monkeys!

Place 1 banana (fresh or frozen), 1 cup milk, and 2 tbsp. peanut butter (optional). Place all the ingredients in a blender, cover and process until smooth. Serves 2 little monkeys!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Milk jug golf: Write numbers on three to five milk jugs, then place in your yard 5-10 feet apart. With a small ball, have your child roll the ball to try to hit a jug, like golf, repeat!	Mix a combination of crackers, cereals, pretzels etc. Then ask your child to sort through the snack, matching them and eating them.	With a sheet ask your child to hold the corners of one end and then you hold the others. Make the sheet go up and down like a parachute. Give a ball or animal a ride!		Cut out pictures of food from flyers. Talk about how you need to eat a rainbow of foods everyday. Classify them together into groups: fruits/vegetables/grains, milks, meat etc.	Play beauty salon, let your child do your hair; spray your hair with water, comb, brush, put in barrettes etc.	Draw circles with sidewalk chalk and place a number in each one. With small rocks see if you and your child can take turns tossing and landing on numbers.
Talk about the feeling of being angry. What is okay to do when you are angry (to talk about it) and what not to do (hit, yell, throw things etc.)	Have an "orange" day. Wear something orange. Mix yellow and red food coloring and water to make orange. Eat orange foods (e.g.: oranges, cheese, carrots) Play I spy.	Play a "sink or float" game with your child. In a container, sink or wading pool, gather a bunch of different items, and toys and see which ones will sink or float, together.	When outside on the grass, have your child hold your hands, and walk up the front of your legs, then tuck their knees to their chest, turn a somersault, and land on their feet.	With play dough, show your child how to roll and make balls or eggs. Then make a nest and put the eggs in. Then make a mama bird together to sit on the nest.	Go on a bug hunt outside and see how many different bugs you can find... spiders, butterflies, ladybugs, beetles, ants etc. Name them and watch them.	Make paper airplanes with your child. Practice throwing them outside to see how far they will go!
Talk about rhyming words –words that sound the same. See how many words rhyme with "late". Write them down to show your child what they look like.	Try some stretching exercises together. Touch your toes and reach to the sky. Lie flat on your tummy and stretch your arms to arch your back and look up. Reach to your sides and stretch your legs	Cutting practice: give your child some salad tongs to pick up objects and place into a container or bowl or give your child a turkey baster to play with in the water to squeeze and suck up water and squirt.	Have a picnic outside in your yard or at a park for when you have a snack or even a meal.	Go for a walk and see how many different birds you can see. Look up the birds in a bird book for a close up look.	Have your child take stickers off and place them onto a paper. Then have them take a marker and trace a circle or a square around each one.	Write your child's name on a paper in pencil or highlighter. Then have them trace over the letters with a crayon or marker.
Read a book with your child outside on a blanket in the shade. Use different voices for the different characters in the book.	Sing this month's featured rhymes: "Me" and "Teddy Bear, teddy bear"	Have your child walk "over" you when lying on floor. Make a bridge with your hands and feet on floor and have your child go "under". Reverse roles!	Place old crayons in a bag and place outside to see how the sun will melt them. When soft combine them into a ball. Cool, then color with the ball.		Build a house together out of containers, a box, blocks etc. Use people or Barbie's to play in the house.	Mix different containers of food coloring with water. Then with other containers mix different colors of water with others and talk about what colors they make.

Ideas for preschoolers from 3 to 5 years old

Parenting tip: When conflicts happen

Your child learns to how to react to problems by watching how you act and respond. If you react with anger— yelling or hitting your child might do the same. Take time yourself to calm down before trying to solve problems. Here are some other ideas to try with your preschooler.

- Describe the problem without blaming or judging anyone. (“You are mad, because she has the toy you wanted”)
- Ask for help solving this problem. “what should we do about this?”
- Decide on the best solution together and try it out. (Take turns and set a timer, remove item, etc.)
- Later, talk about how well it worked, and if it didn’t work well, try another solution from the list.
- If a similar problem arises later and your child comes up with their own solution... praise them for their good choices!

Rhymes:

Five Little Ducks

Five little ducks went out to play (*show five fingers*)
Over the hill and far away (*place hand over brow as to look far away*)
When the mama duck called quack, quack, quack
Four little ducks came waddling back
Repeat 4,3,2,1,0
No little ducks went out to play, over the hills and far away
When the daddy duck called QUACK,QUACK, QUACK
5 little ducks came waddling back

Clean up song

Jump down turn around, pick up all the toys
Jump down, turn around put them all away
I see (*child’s name*) cleaning up the toys
I see (*child’s name*) putting them away
(*works great when cleaning up for use with more than one child also*)



Recipe:

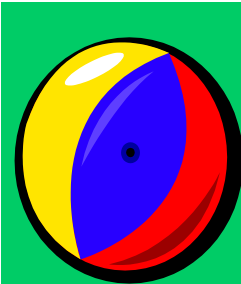

Homemade macaroni and cheese

Cook and drain macaroni noodles.

In another saucepan, prepare the sauce. Melt 3 tsp. of butter or margarine with 3 tbsp. of flour. Then whisk 1 cup of milk with the butter mixture until smooth.

Next add 1 3/4 cup of light old cheddar cheese-grated.

Whisk until cheese is melted...may have to add more milk if it is too thick. Add to noodles and serve! They may ask for seconds...creamy delicious!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
With a ride-on toy or when they are on their tricycle or bike play "Red light, green light" or "Stop and Go". Be sure your child is wearing a CSA approved bicycle helmet.	Make "smoothicles" together. Make smoothies with 1 cup of milk, banana and berries. Then place into molds or you can use paper cups with a spoon for a handle. Freeze and enjoy on a hot day!	Have your child trace around stencils, or around objects like a jar lid, cookie cutter, key, ruler, or paper shapes.	With color squares of paper, hide all over a room or your yard and then have your child find all the papers and line them up and label all the colors of the rainbow together.	If there are clouds in the sky, lay with your child on a blanket outside and look at them and try to see shapes and talk about what you see. Play "I spy" also.	Sing this month's featured rhymes: "Five Little Ducks," and "Clean up song"	Talk about loud and quiet sounds. Have your child try whispering for quiet sounds and yelling for loud sounds. Then talk about inside and outside voices and practice!
Put some music on. Take turns running through the sprinkler. Dancing in the rain! Can you see a rainbow?	On a tray arrange 6-8 items, toys or small household items. Ask them to study, then cover with a towel and remove one item. Ask them to guess "What's missing?"	Have a "rectangle" day. Draw a rectangle together, cut it out and then look for different shapes that are the same. Have a rectangular snack, a sandwich, cracker, cheese, etc.	Cut a picture from a magazine in three pieces. Have your child put the pieces back in place "top, middle, bottom" to make a picture.	Practice your families names with your child. Ask "what is your first name?, last name?, mom's name? dad's name? siblings names? etc."		With the front of an old greeting card, punch holes around the edge of the card, and thread a shoelace or string through the holes. Sewing "in and out".
Draw on a paper with a highlighter and see if they will copy over the lines (roads). Draw shapes, letters, people, etc.	Show your child how to roll out play dough with a rolling pin. Then with cookie cutters or cups cut shapes out and place on a large lid. Then pretend to bake the cookies.	Roll a hula hoop or throw a Frisbee or plastic lid to your child and see if they can catch.	Teach your child how to swing, how to pump their legs to keep going. Show them how to put their feet "out" to touch your hands and then "back" or "bend" when they go back.	Cutting practice: to strengthen muscles for cutting have your child squeeze clothespins onto metal washers. Then have them take apart and sort into piles or containers.	Clap a rhythm for your child and then ask them to copy it. Add slapping thighs, snap fingers or clicking your tongue. Change the sequences and see if they will copy.	Talk about rhyming words – that sound the same. See how many words rhyme with "fun". Write them down to show your child what they look like.
	On 10 frozen juice lids draw on 5 "X"s and 5 "O"s. Then on a paper make a "tic tack toe" game (#). Show them how to play tic tack toe!	Draw pictures of bugs together. Try coloring your child's thumb or finger and have them make prints and then turn them into bugs adding eyes, antennae etc.	Visit the library and check out some books together. Take time to read a story or play a child's game on a computer together while you visit.	Bounce a ball on a sidewalk and catch. Show your child and practice with them. Also try throwing a ball in the air to catch.	Cook some alphabet shaped noodles and mix with tomato sauce and cheese. Point out the letters you recognize and talk about the ones you eat.	Hide a kitchen timer or music box turned on in a room and see if your child can find it by listening.

Ideas for preschoolers from 3 to 5 years old

Parenting tip: Car Seat safety

- A child should stay in the forward-facing car seat until they reach the maximum weight or height limit of the seat as stated by the manufacturer.
- All child safety seats must be held in place with a seat belt or with the Universal Anchorage System (UAS). Every vehicle is different so you need to check your owner's manual for how to use the UAS in your vehicle. All forward-facing child safety seats must also be secured with a top tether strap. Follow all installation instructions that come with the seat. Once you have attached the child safety seat to the vehicle seat, pull the straps tight enough so that the seat moves less than 2.5 cm or 1 inch.
- For installation instruction refer to the safety seat instruction manual and your vehicle manual. Take the child safety seat "yes test" online at www.myhealth.alberta.ca or www.healthyparentshealthychildren.ca
- For more information contact Health Link Alberta at **811**

Recipes: Egg breakfast pizza

On a toasted whole grain English muffin or piece of whole grain toast, place a slice of tomato and a slice of lean ham. Top with a cooked egg and grated cheese. Warm in a microwave or oven until melted. Cut, serve and enjoy!

Apple grape salad

Mix together 1 chopped apple, 3/4 cup of halved seedless grapes and 1/2 cup of chopped celery with a cup of plain yogurt and 1/4 cup of sunflower seeds (optional). Stir until coated. Serve as a delicious snack or in a whole grain pita for a delicious quick and easy lunch. Enjoy!

Rhymes:



I have a little bicycle

I have a little bicycle
I bought it at the shop
And when I see the big red light
I know it's time to stop!

I have a little bicycle
I ride it to the gate
And when I see the yellow light
I know it's time to wait!

I have a little bicycle
I ride it to and fro
And when I see the big green light I know it's
time to go!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Give your child a bucket, container or watering can and ask them to water the flowers, trees or grass. Supply them with a larger bucket of water or a hose to get the water from. Supervise.		With some blocks, make simple towers and then break and ask your child to stack the same way start with four to five blocks and then add.	Gesture or sign “I love you” or learn to say the phrase in another language, with your child.	Have sponges and buckets of water and have fun tossing them to one another on a hot summer day.	Just for fun try coloring or drawing with your opposite hand. Talk about right and left hands, and how it feels different.	Count out some cereal pieces together as high as the child can count and then add new numbers and see if they will remember. Try counting backwards also as you eat!
Talk about rhyming words –words that sound the same. See how many words rhyme with “bug”. Write them down to show your child what they look like.	With some magnetic letters on the fridge, help your child spell out their name. If you don’t have magnets, write their letters on sticky notes or paper squares.	Have your child stay up after dark to see the stars and the moon. Talk about the night and what creatures like the night. Listen and talk about the sounds also!	Blow bubbles outside together. Chase and pop! Practice blowing or use the wind and move your arm.	Take your child to the beach, and keep them within arm’s length near water. Take some sand toys to make sandcastles or sculptures with. Take buckets, containers, shovels etc.	On paper plates, draw different faces with different emotions (happy, silly, sad, mad, sleepy, etc.) Draw mustaches, eyebrows, eyeglasses, freckles etc.)	Flatten play dough with your hands and make a pizza, put other toppings on top and show your child how to cut it with a knife into triangles.
Encourage your child to read a book to you -choose a book with mostly pictures and have them tell you what is happening on each page.	Catch a bug and place it in a container. Count how many legs, wings it has. Ask your child “What color is it?” “Where does it live?” “What does it eat?” etc.	With beads thread onto a lace or string. Make a pattern like “two green, one yellow, one red, repeat etc. Supervise. If you do not have beads make a pattern with blocks or even crayons.	Have a “circle” day. Draw a circle together, cut it out and then look for different shaped objects that are the same. Have a circular snack, cracker, and cheese cut in a circle, banana etc.	Sing this month’s featured rhymes: “Hop, hop, stop” and “I have a little bicycle”	If it is a sunny day go out and look at your shadows together. Move your arms and legs, stretch and make silly poses. Look at other objects and their shadows.	
With an inflatable beach ball fill it with water partially and with air partially. Shake, rattle and roll the ball together.	Cut out shapes of fish out of paper. Tape a metal paper clip to the fish. Then tape a fridge magnet to a piece of string and attach to a ruler. With your fishing rod catch the fish...fun!	Sing a counting song together like “Five little monkeys”, “This old man” or “One two buckle my shoe.”	Place some colored ice cubes in a re-sealable bag or container. Place in the sun and watch them melt, and the colors swirl together as you play with it.	Play follow the leader with your child. Try walking backwards, hopping, spinning, take small steps and then large steps, swing your arms etc. Take turns being the leader.	Ask your child function questions like? “What do you hear with?” “What do you taste with?” “What do you see with?” Or “What do you write with?” “Eat with?” “Play with?” etc.	Draw with chalk on a sidewalk and then squirt with a water gun, or spray bottle and watch it transform.

Ideas for preschoolers from 3 to 5 years old

Parenting tip: School Readiness

Educators in every school will tell you the most important skills to have your child learn prior to entering the school system, are:

- understanding of social rules (sharing, turn taking, using their manners)
- self-control of emotions (not using aggression, patience in waiting, etc.)
- empathy, and caring for others
- independence— taking responsibility for their own things and how to take off and put on their clothes and shoes/boots
- understanding of safety rules and boundaries
- responsibility in daily tasks like cleaning up, and putting things away

Other activities to try to promote further school readiness:

- read with your child everyday
- listen to music and sing songs and rhymes
- give your child an opportunity every day to do creative art: to cut and paste, to draw, to paint or model with play dough and clay;
- exercise everyday together (swim, walk, dance, skate, run jump etc.)
- teach them their name, your names, their phone number and where they live
- teach them about their world with everyday concepts

Rhymes: Brown squirrel

Brown squirrel, brown squirrel
Shake your bushy tail (*wiggle hips*)

Repeat

Wrinkle up your little nose (*wrinkle nose*)
Put a nut between your toes (*touch toes*)
Brown squirrel, brown squirrel
Shake your bushy tail

Wheels on the Bus

The wheels on the bus go round and round,
round and round, round and round
The wheels on the bus go round and round
All through the town
The children ... go up and down
The horn ... goes beep, beep, beep
The wipers...go swish, swish, swish
The doors... go open and shut
The babies... go “wah,wah,wah”
The parents...go sh,sh,sh


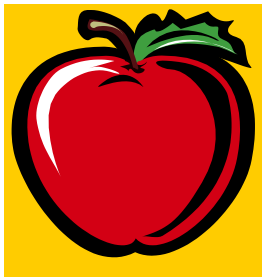


Recipe: French toast

Whisk together 2 eggs, 2 tbsp. milk, 1 tsp cinnamon, 1 tsp vanilla

Dip 4 pieces of whole grain bread one at a time into the egg mixture. Cook over medium heat in a non-stick frying pan until the egg mixture is cooked.

Serve with fruit (bananas, berries) and maple syrup

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
While outside, practice kicking a ball to one another. Be careful not to kick too hard and aim for their feet.	With play dough, roll out a bunch of snakes together. Then use them to make shapes like triangles, rectangles, circles etc. or numbers and letters. Ask them to label!	Talk about “big and little” concepts. See if your child can find five things that are bigger than their hand.	Try saying tongue twisters with your child like “big blue balloon”; “fine fat fish”; “cans of candy kisses” or “mama makes muddy messes Monday”	Make a puppet out of an old sock or mitten and pretend play with your child. Have your child feed, give drinks, put to bed, wake up, and even dance with the puppet!		Take a walk around town and look for numbers on vehicles, houses, signs, store windows etc. Point to and say the numbers together.
Make a cup toss game by taping a ball of aluminum foil to a string and then with the other end tape the string to a cup. Try to catch the foil ball in the cup. Take turns.	Give your child “butterfly” kisses by leaning in close so that your eyelashes brush their cheeks.	Talk about the rules you have in your house, with your child. Talk about the reasons, and what happens if they forget.	Have a “square” day. Draw a square together, cut it out and then look for different shaped objects that are the same. Have a square snack, (a sandwich, cracker, cheese, etc.)	Help your child to learn their phone number. Write it out on a card and then help them to memorize it with a tune. Recite everyday till they know it.	Go for a bike/tricycle ride together. Remember to wear your helmets that meet CSA approved standards.	Trace a letter on your child’s back and see if they can guess which letter it is. If they have trouble, tell them which letter first and then draw it.
Have your child run around your house outside. Make sure it is safe, and count how many times they can do it, before they are tired. Give them a cool drink after.	Try marble painting. Place a marble in paint in a container. Place a paper in a box. Then take the marble out of the box and roll in the paint and roll in the paper...neat designs!		Encourage your child to draw a picture of a person or a face. Talk about the features that they add as they draw, or if they forget something encourage them to draw.	Play “I spy” when reading or looking at a book or a magazine. Say things like “I spy some shoes”, etc.	See what shapes (square, triangle, circle) your child can make with six popsicle sticks.	When making a salad or something that requires green onion tops. Have your child cut the tops with scissors for the dish. Supervise.
Make a leaf rubbing picture. Collect different leaves and place under a piece of paper. Show your child how to rub the crayons (hold flat and go back and forth).	Sing this month’s featured rhymes: “Brown squirrel” and “The Wheels on the Bus”	Go to your local library and check out books that they choose together. Take some home to read for the week.	Rake some leaves together and jump into the piles. Roll and throw and scoop.	Cut greeting cards or old playing cards in half. Mix them all up and have your child match the halves together.	Have your child help you to infused water. Place sliced lemons or cucumber slices or berries in to a pitcher full of water. Let sit in fridge and taste.	Give your child a measuring tape to measure things with. Show them how to use it, and then show them how to read the numbers.

Ideas for preschoolers from 3 to 5 years old

Parenting tip: Eye health

Remember to book an eye exam every year for your child. As they grow, your child's vision skills can also change and serious eye conditions can be reversible or even preventable if detected early! Most vision problems go undetected. 80% of learning in the first 12 years is visual.

- Alberta Health Care covers the cost for all eye exams for children under the age of 18!
- Active play activities with eye-hand exploration are very important to strengthen your child's vision.
- For more information contact your local Community Health Services office or The Alberta Association of Optometrists at 1-800-272-8843 or check out www.optometrists.ca for an optometrist near you.



Recipes:

Sweet potato wedges

Cut and peel sweet potato into wedges or sticks, toss in 1 tbsp of olive or canola oil and 1/4 tsp. salt and pepper. Place on a baking sheet. Bake for 30 minutes in a 400 degree F oven, turning half way. Makes 3-4 servings

Banana Berry Blast smoothie

In a blender place 1/2 cup frozen unsweetened berries, 1 medium banana, 1/2 cup milk and 1/2 cup plain yogurt. Blend until smooth. Delicious! Cheers!



Rhymes:

Five saucy owls

Down on the corner in a great big tree (*reach arms up*)
 There were 5 saucy owls staring at me (*show five fingers*)
 Along came a kitty cat as quiet as can be (*use hands like paws*)
 And she scared one owl right out of the tree (*flap arms to fly*)
 Repeat...4,3,2,1,0

Twinkle, Twinkle Little star (a variation)

(Child's name, child's name) you're my star
 How I wonder who you are
 How I wonder how you'll grow
 What you'll be and who you'll know
 (Child's name, child's name) you're my star
 Oh my girl/boy you'll go far!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Give your child berries or orange segments and put in a pile then help them count out ten pieces to eat. Enjoy and count when eating also.	Give your child a scoop of hummus or peanut butter and encourage them to spread on to crackers or bread.	Spell out your child's name in a cheerleader's chant. Give me a "s" give me a "t" etc. and encourage them to repeat the letters until the end and then ask "What does that spell?"	Go for a walk and talk about the leaves and their color changes. See how many different ones you can find.	With small sticker stars or dots. Place the stickers in a straight line, curves or diagonal lines. Then have your child connect the dots with a pencil or a crayon.	Talk about your child's fears or your own fears and what you are scared of. See if you can find ways to help each other not to be afraid.	Read a short story with your child. Then ask them to re-tell it back to you, by looking at the pictures and using their own words.
Make some magic mud with your child. Mix about 1 cup of cornstarch with 1/2 cup of water. Place in a tray or on the table. Have your child try to pick it up, hold it, etc. Easy clean up!	Help your child learn their name and the letters in it. Set it to a tune if it helps and draw it out often and help them practice drawing the letters (always start at the top of the page!)	Tie a string to a foil balloon or give your child a streamer, and encourage them to run with it and let it fly behind them. Supervise. Remove balloon promptly if it pops.		At night use a flashlight in a dark room to make funny shadows on the wall. You can also try holding up funny objects, and making objects dance. Make up a story also.	With two puppets, (even just socks work), one for you and one for your child, make the puppets talk to one another and interact. They could even roll a ball to each other.	Talk about what you are thankful for, and ask your child what they are thankful for. Encourage your child also to use their manners, using "please, thank you, and excuse me."
Cut pictures from a magazine, flyer or newspaper (animals, people, toys, cars etc.) Then glue on to a piece of paper and make up a funny story about them as you place.	Cut out a pumpkin shape and some face shapes with your child. Then have your child glue the eyes, nose and mouth on to the pumpkin. Hang as a decoration.	Have a "triangle" day. Draw a triangle together, cut it out and then look for different shaped objects that are the same. Have a triangle snack, pizza, cracker, cheese, etc.	Dance, skip and jump to your child with music playing but when the music stops or when you say "Statue!" they must freeze into that position.	Have a pumpkin hunt. Cut out 6-7 pumpkin shapes and hide around a room. When found talk about where they were using position words: under, on, on top of etc.	Apply a thin layer of cold cream to your child's face (to make clean up easier!) then with face paint or makeup, turn you child into an animal like a cat or dog.	Let your child dress up in different clothes and costumes. Talk about Halloween night and what they are going to be and how to be safe.
Decorate a small pumpkin with paint or markers just for display.	With play dough make pancakes by flattening or rolling. Then make faces in them by poking fingers in for eyes, nose and use a knife to make a smile.	Carve a pumpkin together. Have your child help scoop the pulp and the seeds out. Count the seeds after. Use descriptive words when carving.	Sing this month's featured rhymes "Five saucy Owls and "Twinkle, Twinkle (a variation)"	After trick or treating with your child, sort and classify their Halloween treats together. Sort according to color shape, variety etc.		When putting your child to bed talk about all the things you did that day and what you liked best about your day and what you and your child didn't like also.

Ideas for preschoolers from 3 to 5 years old

Recipes: Sunflower snack

Spread peanut butter or hummus on a round whole grain cracker, place bananas (petals) or orange segments around the outside of the cracker on a plate. Sprinkle raisins, craisins, or sunflower seeds in the center of the cracker. Enjoy! A fun flower snack you can eat.

Fruit toast:

Toast a piece of whole grain bread, spread with a peanut butter or almond butter or pea butter. Arrange fruit, like raspberries, strawberries or bananas on top. Mmmm! Goodness!

Rhymes: Zoom, zoom

Zoom, zoom, zoom
We're going to the moon
Zoom, zoom, zoom
We're going to the moon

If you want to take a trip
Climb aboard my rocket ship
Zoom, zoom, zoom
We're going to the moon in...
5,4,3,2,1 BLAST OFF!



Alice the Camel

Alice the Camel has 5 humps,
Alice the Camel has 5 humps,
Alice the Camel has 5 humps,
So go Alice go...Boom, boom,
boom (*shake hips side to side*)
Repeat 4,3,2,1,0 humps
Last line: Cause Alice is a horse



Parenting tip: Screen time and its effects

- The Canadian Pediatric Society recommends limiting screen time watching to **less than one hour** per day for preschoolers that is including time spent on the TV/ computer/electronic devices/phones etc.
- Develop a family agreement for computer/TV/electronic device use. Give choices on what they are going to watch and play and for how long each day. Use a timer to signify when the visual medium will be turned off. Do not allow your child to watch TV or have any screen time when they are eating or when they are resting (in a bedroom).
- Excessive use of TV and video/computer/electronic devices has been linked to attention problems, physical inactivity and obesity, decreased use of language, aggression, anxiety and depression.
- Try to balance technology use in your home with other activities such as reading, physical activities, and taking time to play with your child. Set a good example with your own screen time use.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
On recipe cards write out the letters of your child's name. Then hide throughout a room. Have your child look for them, then lay them out to spell their name!	Try whispering a secret to your child and have them pass it on to someone else or say it back to you and see if they can hear and repeat.	Sing this month's featured rhymes: "Zoom, zoom, zoom" and "Alice the Camel"	With small stickers (stars or dots) outline shapes (circle, square etc.). Then have your child connect the dots to make the shape and color the inside. Name the shapes.	Look at your child's baby pictures together. Talk about how they have changed. Measure how tall your child is and show them how big they were when they were born.	Make trail mix together. Have your child scoop and mix 1/2 cup of dried fruits, like raisins, apricots etc. with 1/2 cup sliced nuts, and 1/2 cup whole grain cereal pieces together.	Fill an aluminum pie plate with water and freeze it. Check on it periodically together. When frozen let your child play with it in a sink, run water over it, watch how it melts.
Place some paper clips into a small box, then with a magnet under the box, show how you can move them with magic! Show them how so your child can try with someone else!		Call out three animals, colors, or body parts and if they all are the same (red, red, red) then they can hop or skip to a certain point, if they don't match then they stand still.	Have a "number" day Draw numbers, make play dough numbers, make numbers with yarn, count items and match to numbers, have a number hunt, etc.	Give your child a blanket ride on a smooth floor. Have them sit on one end and then pull the other and give them a ride. Ask them to tell you fast or slow. Good workout!	With playdough, hide little plastic toy figurines inside, and then have them "rescue" from the dough, by digging them out.	Play the memory game: "I went to grandma's and I took ____". Get your child to repeat what you said and then add another item. Continue and see who can remember!
Turn on some dance music. Join your child and dance and make some stuffed animals/dolls dance with you too! "So you think you can dance?!"	Musical beans: Have your child create their own musical instrument by adding dried beans to an empty bottle or container and then close! Shake to the beat of your favorite song.	Practice deep breathing with your child especially at night or when angry to help them to calm themselves and settle.	Practice cutting out letters out of flyers. Then glue them to make a "letter collage" Put letters together and make sounds like "s" and "h" that makes "sh".	Pretend to be different animals with your child. Slither like a snake, swing like a monkey, walk like an elephant, duck, bear, etc.		Sing "Twinkle, twinkle little star", or recite "Star light, star bright, first star I see tonight I wish I may, I wish I might have the wish I wish tonight." Then make a wish together.
Play hide and seek with your child. Encourage them to count to ten or more!	Teach your child what to do if there is a fire in your home and where to meet. Teach them also to "stop, drop and roll" if ever their clothes catch on fire.	Show your child how to dial 9-1-1 and discuss when this should be used and what happens when you phone this number.	Attend story time or rhyme time at your local library.	Color in a coloring book together while listening to music. Color according to the rhythm of the music (fast or slow).	Make a lacing card out of cardboard, cut a mitten shape and then punch holes around the outside. Use a shoelace or yard and thread through the holes with your child.	Teach your child how to do jumping jacks. Ask them to show you how high they can jump, ask them to jump over different items.

Ideas for preschoolers from 3 to 5 years old

Parenting tip:

Recommended toys for 3-5 year olds

Interactive toys: Dress up clothes and props for pretend play, story books, simple cooperatives games, music CD's, musical instruments, rhyming games, magnetic letters and numbers, puppets, dolls, train sets, farm sets, car sets, kitchen sets, animals

Gross motor toys: climbing, jumping and swinging equipment, tri-cycles, bikes, balls of all sizes, cardboard boxes

Creative mediums for hand play; crafts, play dough, markers, crayons, pencils, chalk, glue, scissors, paper, beads with laces and/or yarn

Problem solving toys: Interlocking jigsaw puzzles, memory card games, counting and matching games, beads

Rhymes:

A round little snowman

A round little snowman had a carrot nose
Along came a bunny (*with 2 fingers hopping*)
And what do you suppose (*shrug shoulders*)
That funny little bunny looking for his lunch (*rub tummy*)
Ate that little snowman's nose (*pretend to eat*)
Nibble, nibble, crunch!

Five little snowmen



Five little snowmen all made of snow (*show five fingers*)
Five little snowmen all in a row
When out came the sun and it shone all day (*place arms in a circle over head*)
and one little snowman melted away (*pretend to melt*)
Repeat 4,3,2,1,0 Ask at the end what is left...a puddle!



"Your children need your presence more than your presents!"
Jesse Jackson

Recipe: Peppermint sparkle play dough

1 cup white flour
1/2 cup salt
2 tbsp. of cream of tartar (found in spice section at the grocery store)
1 tbsp. oil
1 cup hot boiling water
Food coloring, peppermint extract and glitter sparkles
Mix the first four ingredients in a bowl, while boiling the water. Then mix the hot water with the other remaining ingredients and mix altogether with the flour mixture in the bowl. Knead. until soft and then cool! Store in a plastic container or re-sealable bag. Great gift!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
On a December calendar use stickers or a marker to count down until Christmas or your winter holiday starts.	Have your child cut out a shape all by them selves then have them put on white glue in designs with a stick. Show them how to sprinkle glitter, shake off excess and wow!	Make holiday cookies together, use cookie cutters to cut out shapes. Watch them bake. When cool spread on icing and put on sprinkles.	Thread beads onto a pipe cleaner with your child. Encourage your child to make a pattern red, green, white, repeat. Bend into the shape of a candy cane and hang!	With an empty wrapping paper tube, pretend with your child that it is a tunnel, place small balls or cars in and have fun rolling them through the tubes and catching them.	Talk about “big” and “little” concepts. Have your child find five things that are smaller than their hand.	On recipe cards, write 5 letters, then look through your house to find items that start with the letter on the cards. “t” for table, “p” pillow, “b” for “bed”, etc.
Through a paper towel or wrapping paper tube, have fun talking to your child through the tube, and see what they say back.	Make the peppermint sparkle playdough to give as a gift for someone. Make enough to keep some to play with also! See recipe section.	Have your child walk with a bean bag or small stuffed animal on their head, can they bend down to pick something up? Can they walk balancing a small ball on a spoon also?	Have an “ABC” day. Draw letters, make playdough letters, make numbers with yarn, sing ABC’s and match letters as you sing, match lower case to uppercase letters printed on recipe cards, etc.	Put all the kitchen chairs in rows like a bus. Pretend to drop off and pick up dolls/ animals and sing the “wheels on the bus”.	Make footprints in the snow and see if your child can follow in your steps. Follow the leader! Make zigzags, circles, jump, etc.	Have your child write their name in a card or on a gift tag for the gift of a loved one
Sing Christmas carols with your child, like “Jingle Bells”; “Rudolph the red nosed reindeer”; “Santa Claus is coming to town”.		Show your child how to make snowflakes by folding paper and cutting corners and edges.	Sing this month’s featured rhymes: “A chubby little snowman” and “Five little snowmen”.	Help your child to wrap small gifts. Let them cut paper put on tape, put on ribbons etc.	Read Christmas stories like “The Night before Christmas” or other holiday favorites to your child.	Play “What’s missing?” with holiday ornaments. Place five or more ornaments on a tray and cover. Take one away and then ask your child “what’s missing?”
Have your child try tossing plastic milk jug lids, lids from frozen juice containers or rolled up socks into a laundry basket. Which one was the easiest?	If your child behaved all day reward them with a pajama picnic. Have a picnic in the living room on a blanket with a special snack and read a story or sing rhymes together.	When you say “go” run, hop, walk, jump in a circle, with your child until you say “stop”.	Bring some snow in and place in a container or in a sink for your child to play with. Use water to melt and different containers to scoop and mold. Always supervise your child around water.		Make a birdfeeder out of a milk jug, a hollowed out grapefruit or orange half, and hang with twine or string near a window. Then fill with seeds and watch for the birds!	With masking tape make the first letter of your child’s name on the floor. Walk along or drive along the shape with a toy car.



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