


The early years of a child's life are a critical period for growth and learning. Parents have a significant impact on their child's development by creating a nurturing environment that encourages physical, cognitive, social and emotional milestones.

As your child's first and most important teacher, you know your child best. As we support parents and caregivers in this important role, Epic Beginnings is dedicated to assisting parents and caregivers in fulfilling this role while helping you understand and meet your child's development needs.

Here are some ways parents can assist in their child's early childhood developmental milestones at home:

- Establish a secure and enriching environment. Set up a safe space where your child can explore and learn and offer them age-appropriate toys, books and activities that support physical, mental and emotional growth.
- Encourage physical movement. Activities like crawling, walking, climbing and playing with toys can aid in the development of your child's motor skills.
- Engage in meaningful conversations. Foster your child's language skills by engaging in conversations, singing, reading and responding to their verbal and non-verbal cues.
- Encourage social interactions. Arrange playdates or trips to parks and playgrounds to enhance your child's social-emotional development.
- Provide a nutritious diet. Offering a well-balanced diet at home is crucial for your child's physical and mental growth and helps establish healthy eating habits early on.
- Establish routines. Creating consistent routines for meals, naps and bedtime can provide a sense of security and support your child's emotional and mental well-being.
- By acknowledging and supporting early developmental milestones, parents can contribute to their child's growth into a resilient and healthy individual.

If you are interested in learning more about your child's developmental milestones and activities to help them learn and grow, join us for our Coffee Talks where each quarter we introduce learning opportunities in key developmental areas. Parents will have the opportunity to learn more about what to expect as your child grows and learns and what to do if you have concerns.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	DEVELOPMENTAL RESOURCES:		FIND YOUR LIBRARY		1 Countdown to the start of school! Count how many days until school starts.	2 Explore colors. Name colors wherever you are. Which colors can your child name on their own?	3 Model saying your emotions. While smiling, say "I am happy". Allow infants time to mimic or respond to expressions. Practice faces that show different emotions.
	4 Play a game of stop and go!	5 Sing a song! Choose your favorite kids song to sing together.	6 Go for a walk! Point out what you see and have your child do the same.	7 Library Day! Make a trip to the library to check out new books. Many local libraries have infant/toddler reading times and activities.	8 Draw a picture of your favorite part of summer! Help your infant scribble on paper.	9 Sing the ABC's together!	10 Count cereal or other small objects
11 Read and let your child turn the book pages	12 Let your child scribble or draw as your older children prepare for the 1st Day of School	13 Participate in caring for our environment. Pick up a piece of trash, turn off lights, recycle paper. Have older children join and model for younger siblings.	14 Beat the end of summer heat! Enjoy water play outside. Try freezing items in bowls of water. Use droppers, spoons and other items to thaw with water.	15 Include your little one in your 1st day of school pictures.	16 Play Ball Infants manipulate different textured balls. Move into rolling, tossing, throwing and eventually catching a ball.	17 Playdough fun! With infants, you'll want edible playdough or put it in a sealed ziplock bag.	
18 Read a book. Share emotion as you read. Point out emotions of the characters. As your child begins to know their emotions, have them tell you what emotions they see.	19 Shape scavenger hunt. Find shapes around the house or cut, hide and then find the shapes. Show and label different shapes to your infant.	20 Set up an interest area for your child to explore.	21 Tummy time for infants or floor play for toddlers and three year olds. Set up their favorite play things around the floor.	22 Practice identifying your name. Label things around the house. Show your child their name and have them find it. Help your infant learn their name by saying it to them.	23 Celebrate the first full week of school with a family dance party!	24 Explore textures in offering a variety of items to touch and participate in supervised play with (scarf, washcloth, fabric, etc.)	
25 Hold and talk with your infant or child. Sing a song or do a finger play like patty cake or this little piggy.	26 Make and blow bubbles! Make bubbles with your child.	27 Play a game of peek-a-boo or hide-and-seek.	28 Provide safe learning opportunities. Give infants a new item to hold	29 Practice independence with your child's clothing. Let toddlers try dressing themselves. Show them how to snap, button and zip. Talk with your infant as you dress them. Tell them what you are doing.	30 Look at pictures of your family and friends. Name each person and say something about the memory or person. Have your child do it too! Give them time to draw someone they love.	31 Make an invitation with blocks or other stacking items. Feel free to use cans or boxes from the kitchen.	


Learning for young children is so much more than letters and numbers. Children naturally learn as they engage in the world around them and participate in play-based activities. Offering a variety of play activities helps young children learn while naturally cultivating enjoyment and motivation.

Play is a wonderful way to develop curiosity, vocabulary, fine motor skills and math foundations. Be sure to allow your child plenty of structured and free play throughout each day.

Set up an inviting learning opportunity by placing objects out at the table or in a play space to spark your child's curiosity and interest. Invitations to play can be as simple as putting out a few blocks or stacking some cups. What your child does with the materials is up to them. As you think about what to set up for your child consider the following:

- How does your child like to play?
- What does your child like to play with? You might begin with your child's favorite toy.
- Pair it with other materials they may not normally use, but make sense.
- Think about using nature for inspiration. Add materials you and your child collected on a nature walk.
- Be creative with everyday materials at home. One of my favorites is a paper towel tube!
- Try not to overthink and feel free to keep it simple! The most important part is that your child has fun and stays engaged!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Sticker sorting. Sort stickers by color, shape or size. Put a colorful, non toxic sticker where your baby can see it. Point it out and say what it is.	2 Sing songs or say rhymes to introduce/include counting. ("Five Little Ducks Went Out to Play" or "One, Two Buckle My Shoe")	3 Read a nursery rhyme book-check out some of our favorites!	4 Help your child develop their grip. For infants, offer your finger or place toys just out of reach. For older kids, try puzzles, shape sorters or sidewalk chalk.	5 Library Day! Grab a few new books and check out the free activities your local library offers for infants and toddlers.	6 Play "What's in the bag?"	7 Play with measuring cups and water in the sink, bathtub or even outside.	
8 Make faces in the mirror practice labeling your emotions and expressions. Take one step further and draw a self portrait	9 Play Ball– Infants manipulate different textured balls. Move into rolling, tossing, throwing and eventually catching a ball.	10 Play a matching game. Match toys or even socks. Infants can watch as you match items to something they already have.	11 Music play! Turn on the music and let your kids play, dance and sing along. No music instruments? Use bowls and spoons.	12 Make your own Sensory Bottles	13 Flashlight find. Point to things around the room with a flashlight and name them.	14 Try a new fruit or veggie! (if your child is able). Try it as a whole family. What color was it? What did it feel like? Did you like it?	
15 Take a walk and talk about what you see.	16 Torn paper art. Let your little tear up colored paper then glue to make a piece of art!	17 Parachute play at home with a bed sheet or light blanket.	18 Create an invitation to exploration by putting out a variety of objects or toys	19 Add fun to tummy time! Tape a ziplock bag with paint, glitter, slime, or ice water to the floor. Let your older kids help create them.	20 Make an invitation to read. Choose several books, a cozy spot and a favorite stuffed animal. Read to your children and let them explore the books on their own.	21 Encourage large muscle movement: talk from different sides for head-turning, place toys to support pulling up, and have older kids carry objects or walk backwards.	
22 Let your child experiment with children's tweezers, tongs or large spoons to pick up and move items like cheerios or pom poms.	23 Sensory play experiences like water or sand. As the child becomes ready add items like turkey basters, sifters and measuring cups.	24 Provide beanbags, soft balls or stuffed socks for tossing.	25 Encourage fine motor development by giving infants new things to grasp, having two year olds and up use safe scissors to cut playdough.	26 Count out loud with your child everyday while driving, shopping or eating	27 Paint mess free. Add paint to a zip lock bag.	28 Find rectangles around the house or on the go.	
29 Build on something your child already loves. Do they love animals? Read a book about their favorite animal, talk and sing a song about them. With your toddlers and up, draw a picture.	30 Balloon Kicking! Tie a balloon filled with helium to a ribbon and gently tie the other end to your child's foot and supervise to prevent choking hazards.	 DEVELOPMENTAL RESOURCES:					FIND YOUR LIBRARY

Although routines may seem monotonous—they're healthy. Children feel more secure and thrive when they know what to expect.

Schedules and routines help children:

- Feel safe, secure and comfortable
- Know what is happening now and what comes next
- Know how to do an activity or task
- Engage in learning


What is the difference between a schedule and a routine?

- A schedule represents the big picture and includes main activities that happen across the day.
- Routines are the steps needed to complete each part of the day.

How to start a routine:

- Keep it simple. Think about things you do every day.
- To start, help family members break down one of their scheduled tasks into steps to create the routine.
- Think about how you might transition from one activity to the next.
- Let your children help. Are there parts of the routine the child can do on their own or with a little assistance—and let them do it.
- Reviewing the schedule every morning and throughout the day with your child(ren) helps them know what is going to happen next.
- Remind families to keep the routine and schedule as similar as possible each day.
- Do you have a child that struggles remembering what comes next? Consider a visual schedule.
- When children know what's coming next, it's easier for them to cooperate and avoid challenging behaviors.
- Be flexible. Plans change, things happen, but give your child a warning ahead of time if things are going to be different. Let them know what is going to happen.
- Consider offering a choice in activities or the steps of a routine whenever possible. This encourages independence.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>FIND YOUR LIBRARY</p>		<p>1 Think about a routine for your child that works for you and your family. Include organized activities, play invitations and free play.</p>	<p>2 Library Day! Grab a few new books and check out the free activities your local library offers for infants and toddlers.</p>	<p>3 Practice counting. With your infants count fingers and toes as you do daily routines.</p>	<p>4 Take your child for a walk and collect different kinds of leaves. Ask your child questions about what they see. For younger children, describe what you see.</p>	<p>5 Practice writing your child's name together. For younger children, use their name often when you talk to them.</p>
	<p>6 Celebrate the end of the week with a dance party!</p>	<p>7 While outdoors, allow your child to draw on the sidewalk with chalk.</p>	<p>8 Pick a new book and encourage your child to guess what the story will be about by looking at the cover.</p>	<p>9 Play I-Spy remembering to find objects of all colors. With infants, show them new things and tell them the color.</p>	<p>10 Practice bouncing a ball. Count the number of bounces.</p>	<p>11 Explore the outdoors. Go on a Fall nature walk.</p>
<p>13 Count out loud with your child everyday while driving, shopping and playing.</p>	<p>14 Create Sensory Bags</p>	<p>15 Find squares around the house or on the go.</p>	<p>16 Draw a picture of your family and have your child say the first and last names of each member.</p>	<p>17 Write a note with your child to a grandparent, relative or friend. You can write for your child and they can draw a picture.</p>	<p>18 Sing a song as you pick up toys together. Make this part of your normal routine to make picking up more enjoyable.</p>	<p>19 Practice zipping, tying or buttoning. Model for younger children</p>
Fall Break						
<p>20 Find items that begin with the same sound. Name the letter that makes that sound.</p>	<p>21 Model tying, buttoning or zipping. Give your child a chance to try!</p>	<p>22 Play Hopscotch together. Have your older child help with drawing the lines and writing the numbers. Help your infant bounce with their legs or encourage them to kick their legs.</p>	<p>23 Play I Spy with numbers of things</p>	<p>24 Read your child's favorite book about fall.</p>	<p>25 Roll playdough into shapes and cut with cookie cutters</p>	<p>26 Use songs and rhymes to practice counting, such as "Five Little Ducks Went Out to Play" or "One, Two Buckle My Shoe".</p>
<p>27 Play with Pumpkin Guts. For infants and toddlers who still put items in their mouth, place inside a ziplock bag and tape closed.</p>	<p>28 Play a game that involves taking turns.</p>	<p>29 Take your child for a walk and collect different kinds of leaves.</p>	<p>30 Help your child build their name using magnetic letters. With infants, use their name often as you go through daily routines.</p>	<p>31 Clap your hands to the beat of a song.</p>	<p>DEVELOPMENTAL RESOURCES:</p>	

As parents, you nurture, care for and protect your child all while helping them learn and grow. Part of parenting includes preparing your child for independence and getting them ready for their next big milestones.

Positive Parenting Tips with Infants:

- Your baby finds your voice comforting. Talk with your baby throughout the day.
- When your baby makes sounds, answer by repeating the sounds and adding words. This acknowledges them and helps them learn to use language.
- Read to your baby every day. This will help them develop and understand language and sounds.
- Play music and sing to your baby. This will help their brain development while creating a love for music.
- Praise your baby and give them lots of loving attention.
- Cuddle with and hold your baby. This will help them feel cared for and secure.
- Play with your baby when they're alert and relaxed. Take a break when your baby appears tired or fussy.
- Positive redirection or distract your baby with toys and move them to safe areas when they start moving and touching things that they shouldn't touch.

Positive Parenting Tips with Toddlers:

- Encourage your toddler to explore and try new things.
- Ask them to find certain familiar objects or name body parts and objects.
- Play matching games with your toddler, like shape sorting and simple puzzles.
- Talk with them and add to words they start. For example, if your toddler says "baba," you can respond, "Yes, you are right—that is a bottle." This will encourage language development.
- Let your child help with dressing themselves and feeding themselves. This will encourage independence.
- Respond positively to the behaviors you want more of rather than be focused on punishing unwanted behaviors. Always tell or show your child what they should do instead.
- Encourage your toddler's curiosities, abilities and interest.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
 DEVELOPMENTAL RESOURCES:		FIND YOUR LIBRARY			1 Library Day	2 Draw a picture for a veteran for Hugs Military Care Package Project		
		3 Name all the foods on your plate. What is your favorite?	4 Point out letters and signs on the go	5 Make a grocery list together.	6 Exercise with your child. Count while you practice each exercise.	7 Model/Practice taking off and putting on a coat.	8 Play counting games like "How many blue things do you see?"	9 Recite a nursery rhyme with your child.
10 Count how many "Blue" cars you see while driving around.	11 Take a walk. Find things that are brown.	12 Jump, hop, skip, or run on a straight line. Model jumping jacks for your child to try. Encourage movement with infants.	13 Help your child draw a picture of your family.	14 Finger Paint with fall colors. Use non toxic paint or edible paint with your infants.	15 Model rhyming with your child. Say a word to your child and ask them to say words that rhyme.	16 Read to your child. For children ages 3+, ask your child to predict the end of a story before you read it.		
17 Find circles around the house or on the go	18 Write name cards or draw placemats for Thanksgiving	19 Compare two items. Is one bigger or smaller? Longer or shorter?	20 Go outside and kick a ball back and forth with your child. Encourage ball play with infants. Holding, rolling can move into tossing or kicking as they grow.	21 Look through family pictures together, then draw your own.	22 Create a fall sensory bin for exploration.	23 Practice taking deep breaths when having a hard time with emotions. Calm your body by blowing a feather into the air.		
24 Thanksgiving Break. Create a Thanksgiving family tree.	25 Gather a few pairs of identical objects (like blocks or toys). Mix them up and have them match the pairs.	26 Use a small set of blocks or counters. Demonstrate simple addition and subtraction scenarios and have them solve.	27 Provide a play kitchen or play tools (like a toy hammer). Engage in imaginative play and take turns with roles.	28 Thanksgiving Day	29 Share your favorite Thanksgiving parts with your family and draw a picture together. Include your baby and introduce them to scribbling.	30 Playdough fun! With infants you'll want edible playdough or put it in a sealed ziplock bag.		
Thanksgiving Break								

Positive social and emotional development provides a critical foundation for lifelong development and learning. Social development is a child’s ability to create and sustain meaningful relationships with adults and other children. Emotional development is a child’s ability to express, recognize and manage their emotions, as well as respond appropriately when people around them express their emotions.

Foster strong social and emotional development by:

- Actively listening to your child
- Acknowledge and ask about your child’s feelings
- Model appropriate ways to respond to feelings while comforting your child when they are upset.
- Talk about situations and how they might make people feel happy, sad, frustrated, angry, scared, etc.
- Share expectations
- Celebrate success and build on each child’s individual strengths
- Become involved in play and group activities
- Model healthy habits you use to manage emotions.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Find all the red things in your house.	2 Sing a favorite holiday song together.	3 Help your child write the letters of their first name. Use your infant and child’s name often.	4 Library Day! Pick out some new winter books and see what your local library has to offer.	5 Make fake snow for sensory play	6 Read your child’s favorite book about winter	7 Create an invitation to exploration by putting out a variety of objects or toys.	
8 Count to 100 together.	9 Make cookies with your child to share as a gift.	10 Make puppets out of paper bags or socks and act out a fun activity.	11 Describe your child’s emotions by labeling sad, hungry, sleepy, etc.	12 Count all the doors and windows in your home.	13 Read a book about animals in the winter	14 Build a snowman? No snow?	
15 Scavenger hunt for shapes around the house.	16 Make frozen ice ornaments	17 Find all things red and green	18 Make your child’s favorite sandwich together	19 Give your child two choices in daily tasks while encouraging and supporting their decision making	20 Bundle up and take a short walk	21 Read a holiday story at bedtime	
Winter Break							
22 Talk about the colors of christmas lights on display.	23 Play musical chairs.	24 Christmas Eve – Look outside and talk about what you see	25 Christmas Day – Talk about favorite holiday activities	26 Have your child practice jumping, hopping on one foot and throwing and catching a ball.	27 Count to 10 and then count backwards to 0	28 Read two books today. Have your child choose the books	
Winter Break							
29 Draw or write thank you notes for holiday gifts received	30 Play Dress-up: Offer simple clothing items like hats and scarves. Practice dressing and undressing.	31 Play “What’s Missing?” with a set of number cards. Lay out a few cards, then flip one over and ask which is missing.	 DEVELOPMENTAL RESOURCES:				FIND YOUR LIBRARY
Winter Break							





Communication is one of the major developmental tasks in Early Childhood. Learning to communicate is essential for children to get their needs met and interact with people in their world. Communication development for young children includes gaining the skills to understand and to express thoughts, feelings and information. Understanding communication begins before birth (during pregnancy) and continues throughout life, as a child hears, sees and interprets information from others. A child's language begins with head, eye and body movements, as well as through simple vocalizations and hand motions.

Communication increases as children form words, sentences and finally conversations.

- Respond to your baby/child's gestures, looks and sounds
- Talk with and listen to your child
- Help children build on their language skills
- Teach your child about non-verbal communication
- Respect and listen to your child's feelings
- Help your child develop vocabulary for feelings and emotions
- Read together, everyday!
- Narrate your daily routines and what you're doing to care for your child from infancy. This helps the child connect words with actions.
- Be a good role model. If you feel like you're being watched it's because you are.
- Encourage pretend play
- When you use respectful language towards others your child will likely notice and do the same.



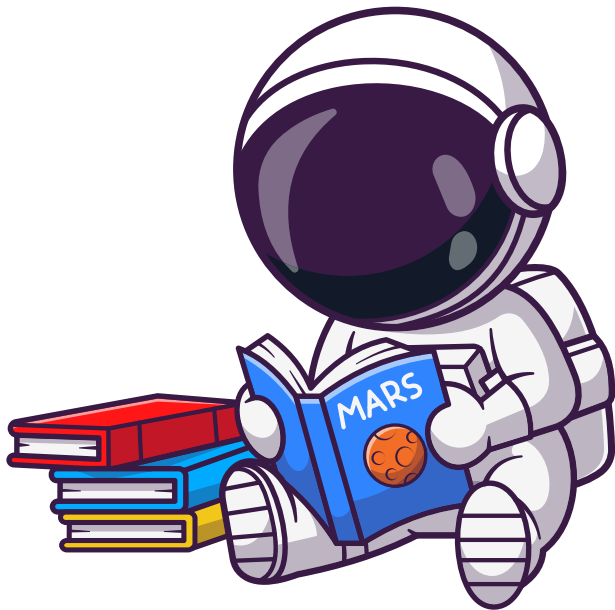
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  EVERYDAY	DEVELOPMENTAL RESOURCES:		1 New Year's Day! Share your New Year's Traditions with your children.	2 Pull new and old items out to play with together.	3 Read a book under a cozy blanket.	4 Model finding things that begin with a specific sound.
	Winter Break					
5 Count all things blue! How high can your child count? Count bites as your infant eats.	6 Sort laundry together. Match socks, identify colors and textures.	7 Make a grocery list. Ask if an item is a fruit, vegetable, meat, etc.	8 Build an obstacle course from things around the house. Put infant items within reach for tummy time.	9 Make Sticky Snowmen	10 Library Day! Visit your local library and find new books for Fall! Check to see what free activities your library offers.	11 Practice singing the alphabet! Find a new way to sing it online.
12 Build a fort to play in! Set it up as a cozy reading nook after they play	13 How high can you count?	14 Draw or paint a picture	15 Take a short walk. Count how many steps to the mailbox or other landmark	16 Encourage your child to choose their own book from the bookshelf or basket. Share parts of the book and how to read gently.	17 Work on a puzzle together	18 Play with finger paints.
19 Read a book about shapes.	20 Read a picture book about MLK or share how everyone can help make a difference in the world through kindness and respect.	21 Practice matching socks or mittens	22 Offer toys that encourage communication like play phones, puppets or small people figures.	23 Use everyday activities like bathtime or cooking to talk about opposites (full/empty, wet/dry, in/out)	24 Draw a self portrait. Using a mirror, help your child notice all of their features. With infants, point to their features and name them.	25 Play a game of positions. Have your child place a toy on top of, under, next to, etc. Use the words as you share what you're doing with your infant or toddler.
26 Play a game of positions. Have your child place a toy on top of, under, next to, etc. Use the words as you share what you're doing with your infant or toddler.	27 Read two books today. Have your child tell you which is their favorite and why	28 Be a winter wildlife detective! What animals do you see outside? Add in a book with winter animals.	29 Build a block tower and knock it over!	30 Create an invitation to play by placing items out together	31 Practice drawing shapes in sand or shaving cream. For mouthing littles, use it inside a ziplock bag.	FIND YOUR LIBRARY

Reading with your child everyday is one of the most important activities you can do! Not only does it help with a child's ability to understand words, it also ignites the spark for imagination.

- Store your child's books in a special place that's easy to reach such as a basket, drawer or a low shelf.
- Place a small rug or pillow nearby to create a comfortable space for reading.
- Get a library card for your child
- Hold your child as you read to help develop a positive attitude toward reading
- Children enjoy and learn by repetition, so it's okay if they want you to read the same books over and over.
- Talk about the story as you read
- When they are ready, ask your child to retell the story in their own words

Did you know? Reading aloud offers more than memories and quality time together! When you read aloud you're giving your child:

- A stronger vocabulary
- Knowledge about the world and people
- An enhanced curiosity and imagination
- An understanding of how books and reading work
- A love of reading and learning that will last a lifetime!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 DEVELOPMENTAL RESOURCES:		FIND YOUR LIBRARY				1 Look for more information on our diaper bag drive in Feb. and March.
2 Look for items that are the color pink or red.	3 Practice counting to 100.	4 Unpack groceries together. Talk about if an item is a fruit, vegetable, etc.	5 Library Day! Find new books about friendship and check out what free activities your local library offers.	6 Model cutting out a heart shape and allow your older toddlers and three year olds to practice with safe scissors. Teach your child what shape it is.	7 Get creative with your hearts! Use finger paint, water colors or crayons. No mess? Finger paint inside the open door of the dishwasher, run to clean!	8 Use a spoon and a bowl to tap out the beat to your favorite song.
9 Count items as you clean up.	10 Make Valentine's Day cards for friends and family	11 Make a list of people you love and talk about why you love them.	12 Read a book about friendship.	13 ABC, See it, Say it, Sign it!	14 It's Valentine's Day! Read TWO books about friendship.	15 Count your Valentines.
16 Work on a puzzle together.	17 Presidents' Day! Read a picture book about a past President from the library. Presidents' Day	18 Schedule a playdate for this week.	19 Play counting games like "How many red things do you see?" For infants show them things that are red.	20 Have your child find words that start with the same letter as their name. For younger children, point it out. "J, just like in your name."	21 Introduce thinking about things in the past or future. Draw a picture of something your child did yesterday or something they want to do tomorrow.	22 Use a scale to compare how much things weigh. Balance scales are a fun visual but bathroom scales can work too. No scale? Hold an item in each hand? Which weighs more? Less?
23 Go on a walk and collect some rocks. Take them home and paint them.	24 Play Simon Says. Focus on exercise activities like touching toes and jumping.	25 Look all around for squares and circles.	26 Have your child practice putting on their own coat, hat or other clothing items. When they have this mastered, have them practice zipping it up.	27 Find small scoops, cups and balls around the house. Use them for waterplay.	28 Play a matching game – Match toys or even socks. Infants can watch as you match items to something they already have.	


Children start developing their fine motor skills in infancy and continue into their preschool years and beyond. Before children can learn to write they need to build fine motor skills. Many of your child's daily activities, like getting dressed, eating and writing, requires control of small muscles in the hands. These are called fine motor skills.

Developing these muscles encourages writing skills as your child gets older. It will also help your child become more independent as they are able to velcro, snap, button and zip.

Practice the following to help develop fine motor skills:

- Use Velcro tabs, snaps, buttons and zippers
- Open and close containers with lids
- Cut with child-safe scissors
- Finger paint
- Use a paintbrush
- Play with playdough and clay—roll, smoosh, pat, pound and use tools like popsicle sticks or stamps
- Draw, scribble, or write with crayons, pencils and markers



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 Read Across America Day! Fill your day with books and reading!	3 Read Across America Week, March 3-7	4 Join Epic Beginnings at Literacy Day in Tulsa! Fun with reading for the whole family!	5 Library Day! Find new books about spring and check out what free activities your local library offers.	6 Read a poem together. Three year olds and up, talk about how poems are different from books.	7 Join Epic Beginnings at Literacy Day in OKC! Fun with reading for the whole family!	1 Encourage your child to pick up and carry objects. <hr/> 8 Read in the dark with flashlights
9 Read a book outside! Use playdough to make something from the book.	10 Count while you hop and jump	11 Practice writing in sand	12 Draw your favorite animal	13 Share a nursery rhyme with your child	14 Go outside and practice drawing with chalk on the sidewalk	15 Read a book about spring weather or animals
16 Read a book about healthy habits	17 Spring Break March 17-21. Enjoy time together as a family!	18 Enjoy time outdoors! If it's nice out, lay on a blanket and watch the clouds. What shapes do you see?	19 Find a new park to play at! What's something new your child can try?	20 First Day of Spring! Play I spy with all things spring! I spy new leaves on trees. I spy new flowers.	21 Draw a picture of your favorite part about spring. Share pictures or share real like parts of Spring.	22 Cook something together today. Talk about kitchen safety.
Spring Break						
23 Go on a walk to search for the signs of spring.	24 Draw or paint a picture of spring.	25 Have your child help take care of pets or plants. Talk with your infant as you take care of the things around your house.	26 Count cereal or other small objects.	27 Act out different emotions. If your child is older, have them guess which emotion you're showing.	28 Give them a large piece of paper and a thick crayon. Demonstrate drawing a straight line. Have them try to imitate you.	29 Play Simon Says. Focus on exercise activities
30 Use tweezers or tongs to pick up items and put them in a container. Infants can use their hands.	31 Hide a toy in plain sight by covering it with a cloth. Encourage them to find the toy. This develops problem-solving skills.			DEVELOPMENTAL RESOURCES:		FIND YOUR LIBRARY

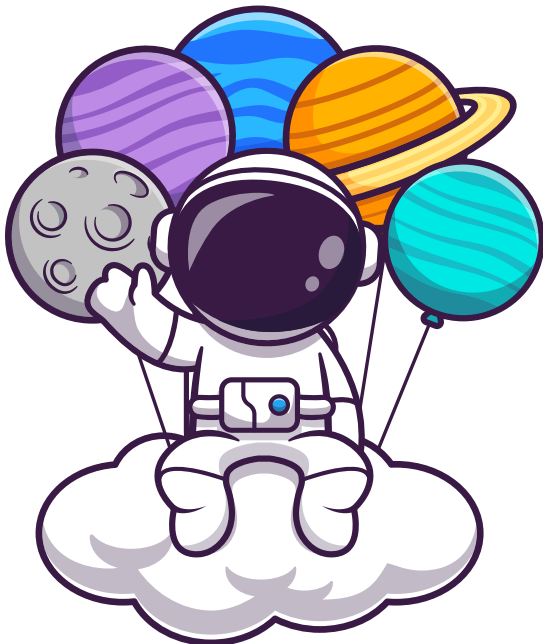



Early math skills are so important and can be part of children's everyday lives. Taking advantage of these small opportunities now will lead to more success in learning math skills as your child grows and learns.

Adult positivity surrounding math can help a child move away from frustration with math to increased problem solving and a growth mindset.

Let's talk math:

- Actively listen to your child
- Use words such as more, less; longer, shorter; heavy, light; etc.
- Count out loud every day. Start at one and count as you walk, put plates on the table, add items to your grocery cart or as they wash their hands.
- Ask your child to count with you. Pause and ask, "What number comes next?"
- Name and describe shapes when you see them. "The box of cereal is a rectangle. That tire is a circle."
- Compare: "Which plate has more crackers?" Which has less?
- Explore: "Let's go on a shape hunt – can you find circles?"
- Sort: "Let's put all the yellow pieces in this pile."
- Explore weight. Is it heavy or light? Can you use a balance scale to weigh?
- Introducing positional words. In, on, over, under, next to, beside.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 EPIC BEGINNINGS READ TALK PLAY EVERYDAY	FIND YOUR LIBRARY	1 Mirror Me! Look in the mirror and draw a self portrait	2 Library Day! Find new books about shapes and check out what free activities your local library offers.	3 Practice using writing tools. Older children ages 3-4 can practice tracing or writing their name. Infants can begin grasping larger markers or crayons with supervision.	4 Play shape scavenger hunt.	5 Remember to say "please" and "thank you" today.
	6 Visit the zoo or read a book about animals.	7 Help a neighbor today.	8 Practice the ABC song.	9 Count from 1 to 10 or as high as your child can count.	10 Ball Play! Practice holding (infants), rolling and catching a ball.	11 After listening to a story, have your child tell you what happened first, next and last.
13 Take a walk and count the trees or other things you see.	14 Do a puzzle or cut up an old greeting card into puzzle pieces. Ask your child to fit the pieces back together.	15 Have your child find things that are their favorite color.	16 Have your child retell a story or event in order (First, middle, last).	17 Draw a picture of your family and have your child say the first and last names of each family member.	18 Read books including concepts of number and counting, sizes big and small, or objects showing more or less	19 Take a selfie or look at pictures with your child of themselves.
20 Make a countdown to summer.	21 Count how many red clothes you have.	22 Make a tent inside, read books in it.	23 Draw shapes outside using sidewalk chalk.	24 Look for things that begin with the letter "P". Point out the letter while reading.	25 Draw a picture and talk about it. Write what your child says.	26 Help your child say or write their name. For infants, point to them and say their name.
27 Shape scavenger hunt. Find shapes around the house, hide, then find the shapes. For infants show them the shape and label them.	28 Read and let your child turn the book pages. If they're able, let them tell you about the pictures. Ask them where the words are.	29 Build on something your child already loves. Do they love dogs? Read a book about dogs, talk and sing a song about them.	30 Playdough fun – With infants you'll want edible playdough or put it in a sealed ziplock bag.	DEVELOPMENTAL RESOURCES:		

Active babies and toddlers become active children! Your child needs active play to grow healthy. Spending too much time in strollers, car seats and swings can delay gross motor development.

Give your infant short periods of tummy time, 3-4 times each day. Start with 2-3 minutes and increase this time as your infant grows:



- In infants 1-3 months old, tummy time helps develop neck muscles.
- Tummy time in infants 4-7 months old helps increase arm, neck and back muscles and they lift their chest and head by stretching out their arms.
- Remember: always stay with your baby during tummy time.

Engaging in playtime now equals higher academic skills later!

As children move their bodies, it helps them develop physically. It helps increase physical strength, endurance, coordination, flexibility and body control. These all are important aspects of purposeful play for school readiness. Playtime also improves school readiness by helping kids manage their emotions.

Gross motor skills are the ability to move and control large muscles in the body. Children who participate in motor play have the opportunity to not only increase their gross motor skills, they also improve attention and concentration, executive functions, memory and brain development.

- Give your infant space to explore as they are able. Encourage crawling, pulling up to a standing position and eventually walking when safe. Give your child opportunities to reach for things and improve balance.
- Offer pounding toys, music instruments for rhythm and balls for throwing.
- Provide toddlers opportunities to jump, dance, climb structures and even attempt stairs with support.
- Give opportunities for toddlers to pick up, poke, pour, pound, squeeze and build.
- Children ages 3-5 should begin practicing galloping, skipping, hopping and jumping skills.
- Bring out your inner child and get those feet moving to show them how!
- Games like Red Light/Green Light encourage the development of running, stopping and starting suddenly.


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
  EVERYDAY	DEVELOPMENTAL RESOURCES:		FIND YOUR LIBRARY		1	2
					Sticker sorting. Sort by color, shape or size.	Model rhyming with your child. Say a word to your child and ask them to say words that rhyme.
4	5	6	7	8	9	10
Play Ball – Infants manipulate different textured balls. Move into rolling, tossing, throwing and eventually catching a ball.	Sensory play experiences-water or sand. As the child becomes ready add items like turkey basters, sifters, measuring cups.	Provide beanbags, soft balls or stuffed socks for tossing.	Library Day! Find new books about food or healthy habits and check out what free activities your local library offers.	Use addition and subtraction words like “I have one cookie and you have two cookies. That makes three cookies.”	Find things that begin with the sound of the letter “S.”	Encourage object manipulation in your child. Infants, hold objects. Older kids, try scavenger hunts or carrying items in a bucket.
11	12	13	14	15	16	17
Mother’s Day	Plant flowers or seeds together in a pot or in the ground and water the flowers.	Find small scoops, cups and balls around the house. Use them for water play outside.	Draw a self portrait or a family portrait.	Help your child develop their grip. For infants, offer your finger or place toys just out of reach. For older kids, try puzzles, shape sorters, or sidewalk chalk.	Provide a variety of materials to encourage movement such as scarves or hoops. Infants can play peek-a-boo with scarves or reach for hoops.	Play with ice cubes outside. Watch how fast they melt.
18	19	20	21	22	23	24
Make lemonade together. Ask your child to help measure ingredients.	White week: look for things that are white this week	Find things that begin with the sound of the letter “S”.	Count! Count your fingers and toes!	Have your child match socks as you fold laundry.	Read a book about summer.	Squirt water on the sidewalk and time how long it takes to evaporate. Ask “How long do you think it will take?”
25	26	27	28	29	30	31
Make a picnic lunch with your child and eat outside.	Memorial Day	Go outside and ask your child to repeat patterns: step-step-jump, clap-clap-pat, etc.	Last Day of School! Celebrate a year of hard work and continue learning and having fun this summer	Play outside!	Try something new and challenging.	Provide beanbags, soft balls or stuffed socks for tossing.

Summer provides an unforgettable and enjoyable experience for children of every age. It presents an ideal chance to build enduring memories as a family. It's the perfect time for learning and development through play and enjoyable activities.

Without the regular routines of the school year, often children experience what's called the "summer slide" where they lose up to 20% of what was learned in the previous school year. Without play and learning opportunities your young child can experience a decrease in skills as well. The impact of a summer learning loss can have long term effects for all children

Here's what you can do:

- Encourage daily reading! Find new and favorite places to snuggle up with a new or favorite book.
- Practice math skills everyday! Look for opportunities to practice math in everyday interactions. Can your young child count the cars as you take a trip or jump into a pool? Can they recognize shapes and practice spatial concepts (on top, under, next to)? Have your older child add up the costs at the grocery store. Find fun games to help your child continue to learn.
- Explore local resources, finding what's available in your community can help keep costs down and learning fun.
 - Check out your local library who oftentimes offer fun summer reading programs to help engage and encourage your child to want to read more often.
 - Visit museums, nature centers, parks, historic sites and other cultural institutions.
- Get creative! Engage your children in open-ended creative activities that include a variety of other developmental skills. Read a favorite book and have your older children act out with a puppet show. Create an art piece or a model.
- Stay active! Physical activity is important for the brain and the body! Find summer activities that promote movement and exploration.
- Make time for friends! Set play dates and encourage your child to spend time interacting with other children.
- Set summer learning goals. Does your child want to learn a new skill? Read a certain number of books? Help them set and make a plan to achieve their goals.
- Partner with community programs that offer summer camps and fun learning opportunities. Whether it's an Epic Summer Camp that encourages your Epic student to learn in a fun way or a day camp there are a variety of opportunities to engage your child in learning.


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1 Create a Summer Bucket List	2 Go outside and paint on some cardboard or draw with sidewalk chalk.	3 Water play with balls – add balls to a small pool or water table. Can you sort by color?	4 Visit your local library and check into their summer reading program.	5 Count how many steps from one place to another. How many hops? How many skips?	6 Create an outdoor sticky mural with contact paper.	7 Find shapes wherever you go. What shapes can you spot while at the playground or in the store?	
8 Check out our summer reading list and read a book about summer.	9 Build your own "All About Me" book. List your favorites!	10 Make your own cereal jewelry with pipe cleaners and fruit loops. Can you make a pattern or count the rings?	11 Dirt play with toy cars then hold a car wash!	12 Fly swatter painting... outside of course!	13 Make bubble foam (Recipe card) Practice drawing shapes or writing your name.	14 Shape sort.	
15 Cool off with ice sensory play	16 Choose a new park or visit an old favorite.	17 Play, fill the bucket. Wet a sponge and squeeze to fill the bucket. Transfer water from one bucket to the other.	18 Animal Tape Rescue.	19 Look for bird or animal tracks. What do you notice?	20 Make signs to label things around the house. Label the door, the bedroom, the TV and more.	21 Draw a self portrait. What do you see? Look into the mirror and draw a picture of yourself.	
22 Have a playdate and practice sharing and taking turns.	23 Build a pom pom tube drop.	24 I Spy and Rhyme! Spot an item, when the other guesses the item have them create a rhyming word. With infants and younger toddlers identify items or sing rhyming songs	25 Draw a picture and let your child dictate the story. Show them how to write their story in words. For infants and younger toddlers, talk about their picture.	26 Read "We're going on Bear Hunt" and create your own bear hunt in your house, outside or at the park.	27 Practice using safe scissors. For younger toddlers use playdough scissors. Infants can practice holding different items to increase fine motor development.	28 Practice buttoning, zipping or snapping. For infants, tell them what you're doing as you do it.	
29 Meet a new community helper or read a book and talk about how they help in your community.	30 Collect rocks, then count and sort them.	 DEVELOPMENTAL RESOURCES:					FIND YOUR LIBRARY

One of the most exciting times for you and your child is the first day of school. Your Epic student may be starting a new school year or your Epic Beginnings child may be getting ready for their first year of school. No matter what your family is preparing for, it's beneficial for you and your young child to feel ready and prepared for the new school year.

Here are some tips to help you and your child feel ready:

- Practice independence. Whether it's getting dressed and ready for the day or opening their own items at lunch. A sense of independence will help your child feel ready, no matter what their school model looks like.
- Will your child be attending a learning center, a co-op or have a place where they meet their teacher this year? Visit the school your child will attend or even better meet the teacher and visit the site you will meet with them.
- Read books about starting school. Epic is unique and school can be different. Talk about how school might look different than what you hear in the story.
- Talk with your child about their excitement, nerves and feelings about starting school, friends, teachers and new activities.
- Set intentions with your child about the new year. Planning for and obtaining goals are great ways to increase confidence while growing and learning.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	FIND YOUR LIBRARY	1 Shadow drawing. With infants and younger toddlers, share how to make a shadow.	2 Visit your local library and check into their summer reading program.	3 Create a texture bin allowing your child the opportunity to explore a variety of textures. Feathers, cotton balls, fabrics, blocks, etc.	4 Explore a new place to play. Visit a local park or indoor play area.	5 Bubble Paint. Add washable paint to bubbles and watch as it hits the sidewalk. Let your infant watch the bubbles as they float and pop.
	6 Explore colors. Introduce colors to your infants or create a color themed play bin for your toddler or three year old.	7 Play outside and explore different elements like dirt, sand or water.	8 Play head, shoulders, knees and toes to learn body parts.	9 Follow your child's emotional lead. Respond as your baby giggles or cries. Smile and laugh along with your child. Comfort when sad.	10 Engage your infant in mobile play or have your child create a mobile to engage their eye hand coordination.	11 Stack blocks. Let your infant watch you and let your child help or stack on their own.
13 Puzzle play. Allow your infant to grasp large wooden puzzle pieces.	14 Explore movement with different toys that move. A ball will roll, you can push a truck.	15 Set up a playdate. Allow your infant to watch others play or to play near another infant.	16 Create a nature sensory bin outdoors or indoors. Include non-toxic items like leaves, flowers, grass, and a magnifying glass.	17 Read a new book in a new or favorite place.	18 Meet the mail carrier, garbage person, or other community helper in your neighborhood. Kids love watching what they do and asking questions.	19 Encourage independence. Sing a handwashing song while you wash.
20 Play peek-a-boo or hide-and-seek.	21 Play in a puddle on a rainy summer day!	22 Flashlight find. Use a flashlight to point at objects in the dark and name.	23 Snuggle up and read a book or sing a calming song.	24 Have a dance party! Get your whole family to dance and sing to their favorite songs.	25 Create a countdown to the first day of school. Talk about changes as it gets closer and create helpful routines.	26 Play Copy Cat. Have your child do what you do. Point out and name items or body parts for your child to learn. Here is my nose.
27 Add a new item to your child's block play. Cars, people, roads are all fun ways to encourage your child's during playtime.	28 Count the steps you take to get somewhere. How many steps to the car? To the mailbox?	29 Set up an invitation to play.	30 Check those summer bucket lists? Is there something you haven't had the chance to do? Is there something you would like to add?	31 Take pictures of daily activities you want to include in your new routines during the school year. Display for your child to see what will come next.	DEVELOPMENTAL RESOURCES:	