

2023
—
2024

16-MONTH CALENDAR



Growing **STRONG**

16 Months of Tips & Activities for
Enhancing Child Development

BROOKES





Reading & singing
with children create
sacred spaces
for nurturance and
connection.

2023

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09

SEPTEMBER



5 Strategies to Encourage Early Literacy Skills

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	Labor Day 4	5	6	7	8	9
Grandparents Day 10	11	12	13	14	15	Rosh Hashanah 16
17	18	19	20	21	22	First Day of Autumn 23
24	Yom Kippur 25	26	27	28	29	30



Help children make their own books.

Homemade books are a great way to practice literacy skills and preserve memories of special events.



Give favorite play areas a literacy infusion.

Take note of where your kids like to play the most, and include literacy-related items and props.



Point out signs and labels.

Call the child's attention to words in print around the house, in the classroom, or on a drive.



Play with rhymes.

Play rhyming games of coming up with words that rhyme with a particular word. For example, for *cat*, try to come up with words such as *fat* and *sat*.



Proudly display children's early writing attempts.

When you value and celebrate children's efforts to write, they'll be more likely to try other writing activities.



ALL CHILDREN

need to feel that
they are **CAPABLE**
and **COMPETENT**
human beings.

2023

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10

OCTOBER



4 Ways Families Can

ENCOURAGE DESIRED BEHAVIOR



at Home

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

1	2	3	4	5	6	7
8	Indigenous Peoples' Day 9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	Halloween 31				



Give specific praise.

Social praise, or simply acknowledging desirable behavior, is easy to deliver and often has a powerful impact on family members' behavior—even more so when praise has been previously paired with highly preferred activities, events, or items.



Engage in preferred activities together.

Spending time with your family members doing things you both (or all) enjoy can also be highly motivating. Alternating nonpreferred activities with preferred activities can keep behavior on track.



Give choice and control over a situation.

For example, instead of just assigning chores, you could create a list and allow each family member to pick what they want to do.



Link consequences to behavior.

Positive consequences work best when they're provided right after desired behavior.



STORYTELLING AND PLAYING TOGETHER

support communication, language, and the beginnings of literacy.



2023

11

NOVEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Daylight Saving Time Ends 5	6	Election Day 7	8	9	Veterans Day (Observed) 10	11
Diwali 12	13	14	15	16	17	18
19	20	21	22	Thanksgiving 23	24	25
26	27	28	29	30		

Activities adapted from **14 Tips for Nurturing Young Children's Communication & Language Skills** blog post (December 9, 2021), Brookes Blog (blog.brookespublishing.com).

4 Tips for Nurturing COMMUNICATION & LANGUAGE SKILLS



Label items during errands.

Pointing at favorite foods in the grocery store and naming the items provides a simple model that the child can imitate when ready.



Use action words.

To expand the number of verbs in a child's vocabulary, tell the child what you are doing throughout the day using a variety of action words.



Use rhymes and songs to reinforce language.

Choose two to three nursery rhymes or songs that you and the child enjoy. During the day, recite or sing one or more of these with the child.



Play naming games.

As you ride the bus or drive in your car, ask your child to help you look for things in a certain category. Together, find and name things with wheels, things that are tall, or things of different colors.

Deep learning happens in
shared states of

JOY.

2023

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12

DECEMBER



4 Things to Do This Winter to Boost Your Child's Development



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	First Day of Hanukkah 8	9
10	11	12	13	14	15	16
17	18	19	20	First Day of Winter 21	22	23
24						
New Year's Eve 31	Christmas 25	First Day of Kwanzaa 26	27	28	29	30



Turn holiday cards into family fun.

Have your child write a letter or draw a picture to include in cards to close friends and family.



Make a paper chain.

This holiday classic is an excellent way to count down to a special day or event—and it's a perfect way to build fine motor skills, too!



Bundle up and enjoy the outdoors.

Choose activities that involve both gross motor skills (throwing snowballs, sledding, climbing a snowy hill) and fine motor skills (putting a face on a snowman, collecting and sorting objects).



Carve out time for chats.

The busy holiday season can be overwhelming to a young child, and their social-emotional needs can sometimes get shortchanged in the hustle and bustle. Make time at the end of each day to connect with your child.



Inclusion

is the

celebration

of

diversity

put into

action.



2024

01

JANUARY



4 Tips for Structuring Inclusive Activities



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	New Year's Day 1	2	3	4	5	6
7	8	9	10	11	12	13
14	Martin Luther King, Jr. Day 15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

1

Support participation.

Use a variety of ways to help children join activities and sustain participation. Provide lots of interesting materials to entice children to the activity.

2

Have high expectations.

With planning and a positive attitude, you can help all children participate and learn new skills. Plan interesting and appropriately challenging activities.

3

Be consistent.

Children can be successful and feel trusted and safe when adults provide consistent expectations and responses.

4

Give good, clear directions.

Try breaking down lengthy directions into shorter ones.





Sharing one's
feelings
is essential
in building
emotional
intelligence
in children.

2024

02

FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10 <small>Lunar New Year</small>
11	12	13	14 <small>Valentine's Day</small>	15	16	17
18	19 <small>Presidents' Day</small>	20	21	22	23	24
25	26	27	28	29		

Activities adapted from **10 Activities for Teaching Young Children About Emotions** blog post (January 26, 2021), Brookes Blog (blog.brookespublishing.com).

3 Ideas for Teaching Kids About Emotions



Feelings ID.

Generate a list of feelings (start with basics like *happy* or *sad* before more complex feelings, such as *excited* or *surprised*). Identify these feelings as good or not so good. Conduct a follow-up discussion where children can give an example.



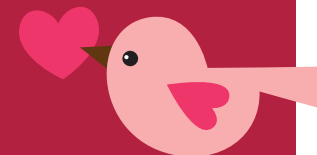
Read & Learn.

Choose a book about feelings to share with children. Be sure to point out all the actions or ways in which the characters behave when they're acting on their feelings.



Feeling Wheel Game.

Create a spinning wheel that features different feeling faces. Give each child a chance to spin. Ask them to identify the feeling and talk about an incident that made them feel that emotion.





By talking and
interacting with
their children,
parents help them
build the
uniquely
human
gift of
language.

2024

03

MARCH



4 Fun & Easy Language Boosters



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
Daylight Saving Time Begins 10	Ramadan Starts 11	12	13	14	15	16
St. Patrick's Day 17	18	First Day of Spring 19	20	21	22	23
24						
Easter 31	Holi 25	26	27	28	Good Friday 29	30

Activities adapted from **Talk to Me, Baby!**, Second Edition
by Betty S. Bardige, Brookes Publishing Co.

1

Role Play.

Kids love taking on new and different roles—and it's the perfect opportunity to help them expand their language skills. As you engage in everyday activities, join them in pretending to be favorite characters from storybooks or TV shows.

2

Take a magic carpet ride.

Sit with a child on a rug or couch and pretend you're flying off on a magical adventure! Ask them to share their ideas on where you might visit, and begin a story about your adventure.

3

Eat—and talk about—foods from around the world.

Let children handle, smell, and taste diverse foods with different flavors and textures. Chat about the colors, tastes, and textures, as well as where the foods come from and how they are harvested or prepared.

4

Practice the ABC song, rhymes, and counting.

Songs about letters and numbers are fun and easy to practice during spare moments during the day, such as cleaning up or walking to the playground.



A young child wearing a bright yellow raincoat and a patterned headband is shown from the chest up, looking upwards with their mouth open as if enjoying the rain. They are holding a large, colorful umbrella with blue, red, and orange panels. The background is a dark, rainy scene with vertical streaks representing falling rain.

EVERY CHILD

has the right to be

FULLY
ENGAGED

in their world, including
the right to regular
opportunities for
motor play and
physical activity.

2024

04

APRIL



3 At-Home SPRING ACTIVITIES to Boost Your CHILD'S DEVELOPMENT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	Ed Eid al-Fitr 10	11	12	13
14	15	16	17	18	19	20
21	Passover Starts Earth Day 22	23	24	25	26	27
28	29	30				



Have a teddy bear picnic.

Have your child bring their teddy bears or other favorite stuffed animals on the picnic. Pack a basket just for the bears with a blanket, napkins, pretend food, and plastic plates and tea cups.




Build a rainy-day hideaway.

When April showers put the brakes on backyard play, ask if your children would like to build a special hideaway. Have the kids build a tent by draping old sheets or blankets over furniture. Once they make their tent, they can play in it, eat lunch inside it, or read books together with a flashlight.



Set up a treasure hunt.

Hide "treasures" such as a favorite snack, a bag of crayons, or some stickers in places your child can reach. Draw a map that highlights each area where you want your child to search for treasures. Be sure to make the drawings on your map simple and clear, and celebrate when your child finds all the treasures.



Understanding the *feelings and needs*
of others is a long learning process
in young children's lives.

2024

05

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
Orthodox Easter 5	6	7	8	9	10	11
Mother's Day 12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	Memorial Day 27	28	29	30	31	

5 Steps to Cultivating Empathy



Watch and Listen

What is the other person saying, and what does their body language convey?



Remember

When did you feel the same way?



Imagine

How does the other person feel? How would you feel in that situation?



Ask

Ask what the person is feeling.



Show You Care

Let them know that you care through your words and actions.



Children as young as 6 months are aware of **race** and **gender** differences and are beginning to form ideas about **diversity.**



2024

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06

JUNE



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

						1
2	3	4	5	6	7	8
9	10	11	12	13	Flag Day 14	15
Father's Day 16	Eid al-Adha 17	18	Juneteenth 19	First Day of Summer 20	21	22
23						
30	24	25	26	27	28	29

4 Ways to Show Children That Diversity is a Strength

1 Teach children it's okay to ask questions.

Rather than stigmatizing questions, show children how to ask them sensitively and appropriately.

2 Have conversations about stereotypes and biases.

To support children's development of compassion and understanding, explicitly tackle stereotypes about looks, skin color, cultural beliefs, and gender.

3 Express positive interest in diverse cultures.

Show genuine enthusiasm when children share something about themselves or their culture. ("Wow, that is so interesting!", "I am really glad to learn about that.")

4 Set a good example.

Stay mindful that children look to you as a model. Seeing you respond to diversity in a supportive, empathetic way will teach them positive attitudes and strategies.





Learning is a
lifelong way of
being.

There is always
something new
to learn.

2024

07

JULY



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1	2	3	4 Independence Day	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Activities adapted from **14 Skill-Building Summer Activities To Do with Young Children** blog post (June 16, 2020), Brookes Blog (blog.brookespublishing.com).

3 Skill-Building Summer Activities To Do with Young Children



Bring the beach to your backyard or balcony.

Fill a small plastic pool with sand and bury seashells in the sand so that children can dig for them. Put on sunglasses and lay out on beach towels together (don't forget sunscreen!).



Make paper-plate sand pictures.

For fine-motor practice, have your child glue sand to the bottom of a paper plate (or paint it to look like sand). Then ask them to decorate the plate with items that might be found underwater, such as fish, sharks, and seaweed. (Use plastic animals, cut the photos out of magazines, or draw your own.)



Sharpen STEM skills with bubbles.

Make geometric bubble wands with pipe cleaners and straws. Creating the wands will help kids practice motor skills, and the outdoor bubble activity is a great opportunity to introduce different geometric shapes.



Early experiences
HAVE THE POTENTIAL
FOR lifelong
CONSEQUENCES.



2024

08

AUGUST



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

5 Tips for Talking with TODDLERS

- 1 Talk to the toddler on their level.**

Squat down or sit beside them. Comment on what the child is doing or seeing.
- 2 Respond empathically to the toddler's emotional tenor.**

If they're excited by a game of rolling and catching a ball, play your part with exaggerated excitement.
- 3 Engage in self-talk.**

Narrate your own intentions, actions, thoughts, and feelings. Pause frequently to ask for the child's input and give them a chance to respond.
- 4 Use language to help toddlers interpret their world.**

When you see a puzzled or fearful expression, find a simple way to explain what is going on or what is going to happen.
- 5 Use language to reassure the toddler and prepare for transitions.**

Say things like "I can't pick you up right now, but I can watch you go down the slide." "It's almost lunch time. One more slide, and then we'll go inside."



Children learn
how to
respond
to others
by experiencing
how
adults
respond to
them.

2024

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09

SEPTEMBER



5 Things Caregivers Can Do to Ease Young Children's Anxiety



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Labor Day 2	3	4	5	6	7
Grandparents Day 8	9	10	11	12	13	14
15	16	17	18	19	20	21
First Day of Autumn 22	23	24	25	26	27	28
29	30					

1 Prepare children for events they might find scary.

Use books, TV programs when appropriate, or other indirect ways to get a child used to a feared object, person, or situation.

2 Encourage children's curiosity and play.

Specific, actively encouraging statements are more helpful for shy and anxious children than just warm statements.

3 Teach children to recognize and name feelings.

Children who have difficulty recognizing basic emotions may be more likely to incorrectly interpret another person's facial expression and emotion as negative, increasing their anxiety.

4 Provide increased structure.

More structure in the home environment (as well as child care and school) is likely to ease anxiety in any child.

5 Select age-appropriate activities.

Be sure that young children are engaged with activities that are appropriate for their developmental level and don't contain frightening imagery that can increase their anxiety.

A young child with light hair, wearing a tan jacket, is shown from the chest up, holding a leaf and looking upwards with a smile. The background is a soft-focus autumn scene with yellow and orange leaves. A decorative wreath of various autumn leaves in shades of green, yellow, orange, and red frames the text on the right side of the image.

IN EARLY CHILDHOOD,
DEVELOPMENT IN EACH
DOMAIN IS FOSTERED BY

PLAY.

2024

10

OCTOBER



4 Activities to Boost Child Development this Fall

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	First Day of Rosh Hashanah 3	4	5
6	7	8	9	10	11	Yom Kippur 12
13	Indigenous Peoples' Day 14	15	16	17	18	19
20	21	23	23	24	25	26
27	28	29	30	Halloween 31		

1 Get outdoors every day you can.

Choose activities that involve both gross motor skills (running, hopping, climbing, catching) and fine motor skills (grasping tools, digging, stacking).

2 Give kids their own day jobs.

To boost their confidence and help strengthen their social and motor skills, select age-appropriate jobs—such as table-wiping for toddlers and preparing snack for older children.

3 Go someplace new together.

To strengthen your child's communication skills, plan the outing together ahead of time and talk about the things you'll be seeing and doing together. On the way home, ask questions about what your child did and what their favorite parts were.

4 Enhance errands with simple skill-boosting games.

At the store, have your child search for specific letters and numbers on signs and labels, or put pictures of things you'll be shopping for in an envelope and have your child pull out the images to remind you of what you need.





IT IS *easy and natural*
TO INCLUDE FAMILIES IN
all aspects RELATED TO THEIR
CHILD WHEN THEY
ARE *valued*
AND
appreciated.
Me

2024

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11

NOVEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Diwali 1	2
Daylight Saving Time Ends 3	4	Election Day 5	6	7	8	9
10	Veterans Day 11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	Thanksgiving 28	29	30

Activities adapted from **Pause and Reflect** by Dana Childress, Brookes Publishing Co.

5 Tips for BUILDING A RECIPROCAL RELATIONSHIP with Parents



Dedicate time to relationship building.

The time you take for relationship building is never time wasted.



Share something about yourself (within professional boundaries).

Relationship building in a professional context means that you are friendly with the caregiver but not entering into a friendship.



Be mindful of physical barriers and body positioning.

Minimize distractions that create a barrier between you and the caregiver.



Be responsive, collaborative, and reliable.

When problems arise, work together with the caregiver toward possible solutions.



Be respectful and compassionate.

You are a support to the family, and it is your job (not theirs) to meet them where they are.



PLAY

offers a
crucial activity
for children's
learning about their
world and how to
share that learning
with others.

2024

12

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 First Day of Winter
22	23	24	25 Christmas	26 First Day of Hanukkah and Kwanzaa	27	28
29	30	31 New Year's Eve				

Activities adapted from **ASQ-3 Learning Activities** by Elizabeth Twombly and Ginger Fink and **ASQ:SE-2 Learning Activities & More** by Elizabeth Twombly, Leslie J. Munson, and Lois M. Pribble, Brookes Publishing Co.

3 Fun Indoor Activities that BOOST Young Children's Development



Twirl around.

Make long scarves out of fabric scraps, old dresses, or old shirts by tearing or cutting pieces. Use material that is lightweight. Show your child how to hold on to the edge of the scarf as they twirl, run, and jump around.



Playdough person.

Make a person with playdough or clay using sticks, buttons, toothpicks, beads, and other items. (Be careful with small items around young children.) Ask your child questions about their person: What is their name? What do they like and dislike?



Memory matching.

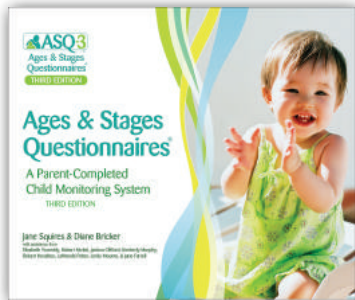
Make a simple concentration game with pairs of duplicate playing cards, or make your own cards out of duplicate pictures or magazine ads. Start with two or three pairs of cards. Turn them face down and mix them up. Let your child turn two cards over to see if they match. If they don't, turn the cards face down so they can try again.



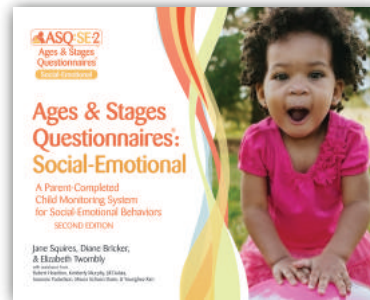
Trusted tools to support healthy child development



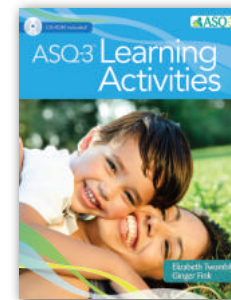
▶ **Check milestones and catch potential delays early**



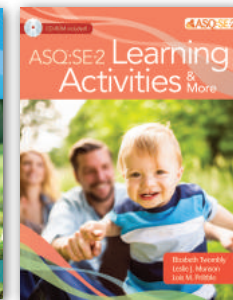
Developmental screener



Social-emotional screener



Engaging activities to share with parents



www.agesandstages.com



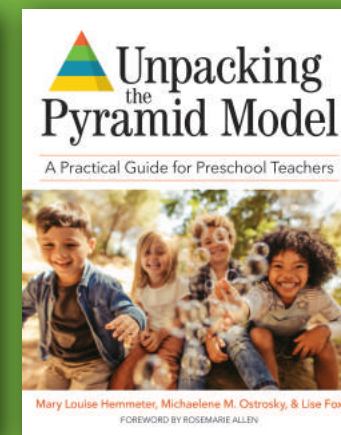
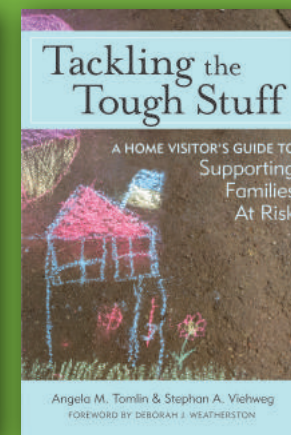
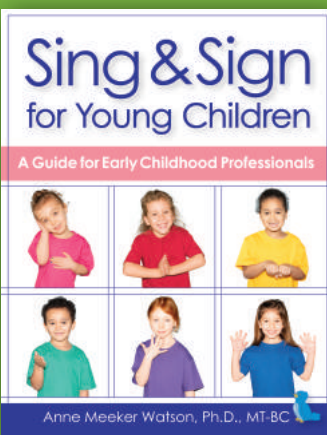
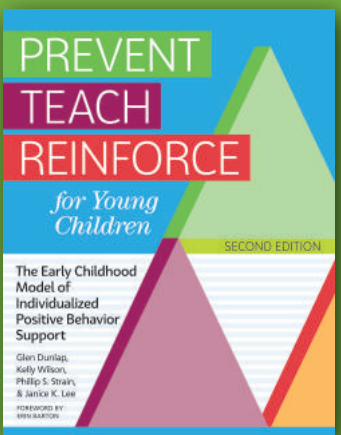
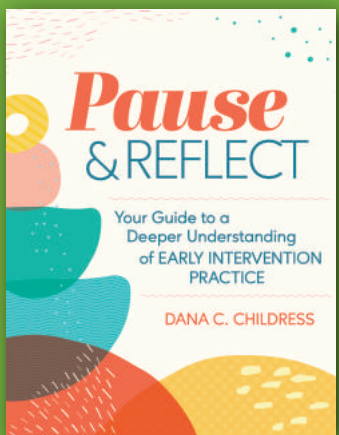
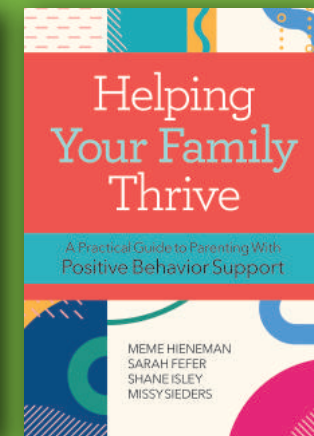
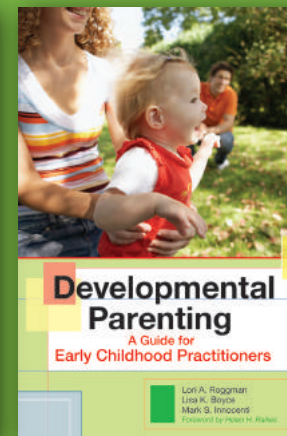
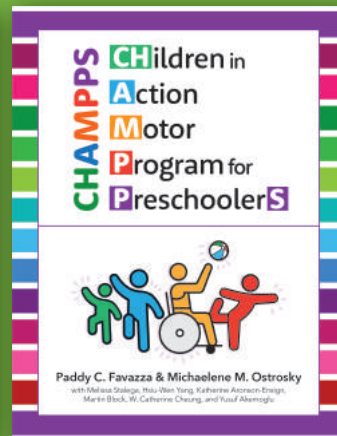
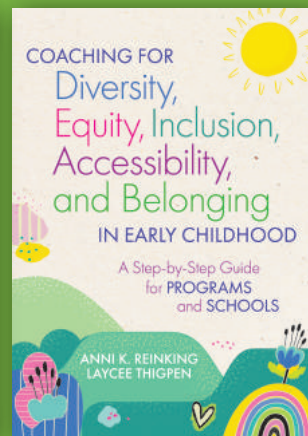
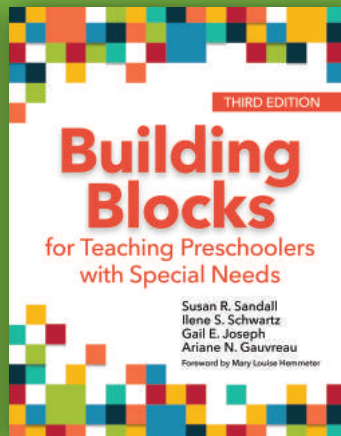
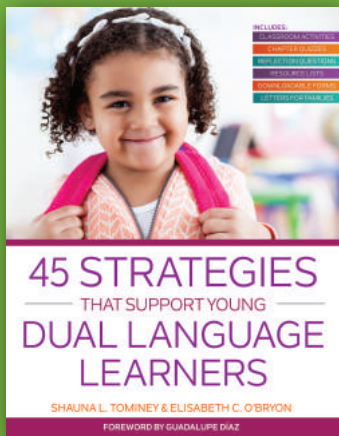
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