








# February

# FAMILY

## Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Calendar created by: Dr. Pamela B Connor- Educational Trainer and Consultant            Calendar Translated by: Manuela Rodriguez</p> <div style="text-align: center;">    </div>						<p>1. <b>Weekend Wrap-Up</b>            This month is all about families so start the month with a visit to the library to pick up some great books about families!</p>
<p>2. <b>Families look like..</b></p> 	<p>3. Go through family pictures with your child and point out members of your family and name them: sister, brother, cousin, aunt, etc. so they understand who is in a family.</p>	<p>4. "Some families are large (spread out arms) Some families are small (bring arms close together) But I love my family most of all (give yourself a big hug!)"</p>	<p>5. Have each family member create a paper bag puppet of another family member. What do you each think the other looks like?</p>	<p>6. <b>ACTIVITY PAGE</b>   <u>My Family</u></p>	<p>7. Print 2 pictures of each family member. Lay them upside down and turn over 2 at a time to see if your child can match their family members different faces!</p>	<p>8. <b>Weekend Wrap-Up</b>            Read and repeat any of the activities that your family enjoyed this week!</p>
<p>9. <b>Families like to...</b></p> 	<p>10. Play "Mother May I" One person is the "mommy" and the other players ask "mother may I Jump? Or skip? Or dance?" Mother has to give her permission!</p>	<p>11. Bake together! Either roll out homemade dough or place pre-cut circles on a tray, but do it together as a family and decorate after they come out of the oven with each other's favorite colors!</p>	<p>12. Help around the house! Every family member can have a job, whether it is putting toys away or taking out the trash, families like to help each other!</p>	<p>13. <b>ACTIVITY PAGE</b>             "Need a Hug"</p>	<p>14. Send love to family far away! What better day to send cards to family than on Valentine's Day! Let your child put them in the mailbox and maybe they will get some love back!</p>	<p>15. <b>Weekend Wrap-Up</b>            Have a "Family Fun Day" where each family member gets to do something they like with the whole family. Maybe watch a movie or play a game!</p>
<p>16. <b>Families live in...</b></p> 	<p>17. Make houses out of empty milk cartons, tissue boxes, etc. Use any spare materials to make as many different family spaces as your child can think of!</p>	<p>18. Square crackers, triangle pieces of cheese, and small pretzel rods are just what your child needs to make a yummy "house-shaped" snack!</p>	<p>19 Teach your child to clean-up by saying that everyone and everything has a home. Can they put their toys back in their homes?</p>	<p>20 <b>ACTIVITY PAGE</b>             "Roll for Fun"</p>	<p>21 Take an item from each room in your home and see if your child can put them back in the correct place. Where does the toothbrush go? What about the fork or spoon?</p>	<p>22. <b>Weekend Wrap-Up</b>            Spend the day cleaning out old clothes, toys, books, etc. and donate them to a shelter.</p>
<p>23. <b>Families sing...</b></p> 	<p>24. "Mommy, mommy, jump up and down, turn all around, and sit back down!" Do the same with sister, brother, cousins, etc.</p>	<p>25. "Daddy stole the cookie from the cookie jar." "Who me?" "Yes, you!" "Couldn't be." "Then, who?" Sing again guessing a different family member.</p>	<p>26. "These are the members of our family, of our family. These are the members of our family. And we love them all!" Then shout out all family names!</p>	<p>27. <b>ACTIVITY PAGE</b>             "Daily Schedule"</p>	<p>28. "I love my family. Yes, I do. I love my family. How about you?" Point to a family member. They sing the song and point to another family member!</p>	



## **My Family**

**By Debbie Bailey**

This book uses pictures of real families interacting and celebrating together. It also opens conversations about what families can look like. After reading the book, help your child paint a large tree trunk with branches coming off on a piece of construction paper or poster board. Hang the painting in a central place in your home and have different colored stamp pads nearby. Start with the members of your family who live in your home. Let each member make a thumbprint, using the stamp pad and adding it to the tree like a leaf. Write the family member's name on the print. Anytime an extended family member visits your home, have them add their "leaf" to the family tree!



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## Need a hug?

Sometimes, a hug can make all your troubles go away, but what if no one is around to give you one? Cut various colors of ribbon into strips. You and your child can draw hearts and smiley faces on the ribbons. Put each ribbon around your child's pointer finger, tie a knot, and take the ribbon off. Put the ribbons in a basket or jar. Each day, your child can pick a ribbon to put on their finger, and anytime they need a hug but no one is around to give them one, they can touch their ribbon and feel the love of their family!





## Roll for Fun!

Take a paper plate and use a Sharpie to divide the plate into triangles (think of it like making pizza slices!) You could also take the lid of a pizza box and divide the lid into squares. Have each family member tell you something they like to do, a favorite song or movie, or a favorite food. The list goes on and on! Write one favorite thing in each triangle or square with the name of the family member with whom it is associated. Each day, or on the weekend, if the week is too busy, have a family member roll a die, and whichever activity the die falls on is what the family will do together. You can cross out each activity after it is chosen, and when you complete all of them, you can make another favorite activity board!



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## Daily Schedule

Children thrive on having routines and schedules. For parents who work from home or just need to get some work done at home, it is even more important to have a plan for your child's day! Each day have a schedule created for you and your child that includes times you will spend together and times they need to do things independently. If you can put pictures with the schedule, that would be even better! Go over the schedule with your child each day.

Here are some examples of things you can do together and things they can do alone:

- Eat breakfast, lunch, and dinner
- Reading time with mom/dad
- Take your pet on a walk (if you have one)
- Television time (if you allow it)
- Naptime
- Play in bedroom
- Draw pictures or play with playdough

Make sure to praise them for doing things independently so you can get some work done!