

January 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>New Year's Day</i>	2 <i>Create a New Year's wish.</i>	3
4	5 <i>Birthday of Guru Gobind Singh Sahib</i>	6	7	8 <i>Share your pictures of 2008 with your family</i>	9	10
11 <i>Establish new routines and traditions</i>	12	13	14 <i>Encourage your child to share their feelings</i>	15	16	17 <i>Turn off the TV and play games.</i>
18	19	20 <i>Make mealtime a quiet family time. Talk about your day.</i>	21	22	23 <i>Make a growth chart to records your child's height. Date each entry.</i>	24
25	26 <i>Chinese New Year</i>	27	28	29 <i>Talk to your infant. They need to hear words.</i>	30	31

February 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Find items in your home that are red.</i>	2	3	4 <i>Make a Valentine card for someone special.</i>	5	6	7 <i>Go for a walk to mail your Valentine cards.</i>
8	9	10 <i>Send your child/ren a Valentine card.</i>	11	12	13 <i>Let your child call a favourite person on the phone.</i>	14 <i>Valentine's Day</i>
15	16 <i>Tell your children how terrific they are.</i>	17	18	19 <i>Remember that children imitate adult behaviour.</i>	20	21
22 <i>Forget your worries for a while. Enjoy your child.</i>	23	24	25 <i>Ash Wednesday</i>	26	27	28 <i>Organize a play date for your child/ren.</i>

March 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 <i>A properly fitted bicycle helmet can protect your child from head injuries.</i>	4	5	6 <i>Have your child draw a picture and tell you what he/she drew.</i>	7
8 <i>Daylight Savings Time Begins</i>	9	10 <i>Find a book at the library about spring animals.</i>	11	12	13 <i>Create a treasure box out of a shoe box. Have your child decorate it.</i>	14
15	16 <i>Go for a walk and look for signs of spring.</i>	17 <i>St. Patrick's Day</i>	18	19	20 <i>First Day of Spring</i>	21
22	23 <i>Create a picture using objects found outside.</i>	24	25	26 <i>Plant flowers with your children.</i>	27	28
29 <i>Look into your child's eyes when you talk to them.</i>	30	31				

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Take turns throwing and catching a ball.</i>	2	3	4 <i>Find a large box to make a play house for your child.</i>
5 <i>Palm Sunday</i>	6	7	8 <i>Decorate Easter eggs.</i>	9	10 <i>Good Friday</i>	11
12 <i>Easter</i>	13 <i>Easter Monday Baisakhi</i>	14	15	16 <i>Sing a song to your childr/ren.</i>	17	18
19 <i>Go for a walk with the whole family.</i>	20	21	22 <i>Suggest better behaviour when your child acts out.</i>	23	24	25 <i>Play hide and seek in the park.</i>
26	27	28 <i>Scribbling strengthens the skill of your toddler's hand.</i>	29	30		

May 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Communicating with your baby begins at birth.</i>	2
3	4 <i>Ask your child, "Who loves you?" Write their list and post it in their room.</i>	5	6	7 <i>Make a card for Mother's Day</i>	8	9 <i>Sports Day</i>
10 <i>Mother's Day</i>	11	12	13 <i>Allow your child to explore different textures.</i>	14	15	16 <i>Go for a family picnic.</i>
17	18 <i>Victoria Day</i>	19 <i>Call your child on the phone to say "Hello"</i>	20	21	22 <i>Supervise outdoor play closely.</i>	23
24	25 <i>Visit a StrongStart Centre.</i>	26	27	28 <i>Visit Family Centre.</i>	29	30
31 <i>At lunch, talk about what is making your day special.</i>						

June 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <i>Simple puzzle shapes help children learn about shapes.</i>	2	3	4 <i>Enjoy fresh local produce.</i>	5	6
7 <i>Enjoy a quiet afternoon under the shade of a bog tree and read a book aloud.</i>	8	9	10 <i>Don't forget sunscreen!</i>	11	12	13 <i>Enjoy mill Lake's water park.</i>
14	15	16 <i>Share in your child's discoveries.</i>	17	18	19 <i>Make a card for Father's day.</i>	20
21 <i>Father's Day First Day of Summer Father's Day Celebration at Mill Lake</i>	22	23	24 <i>If your child look tired or overheated, have them lie down in a cool place.</i>	25	26	27 <i>Spend the day at the beach.</i>
28	29	30 <i>Make Canada Day flags or hats.</i>				

July 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Canada Day</i>	2	3 <i>Berry Festival</i>	4 <i>Berry Festival</i>
5	6 <i>Create an obstacle course out of chairs—let your child/ren climb over and under them.</i>	7	8	9 <i>Keep children away from campfires and barbeques.</i>	10	11
12 <i>Have you hugged your child today?</i>	13	14	15 <i>Enjoy a quiet afternoon under the shade of a tree and read a book aloud.</i>	16	17	18 <i>Spend the day at a local park.</i>
19	20	21 <i>Teach your child with love and praise.</i>	22	23	24 <i>Enjoy a local water park.</i>	25
26	27 <i>Play eye-spy with your child.</i>	28	29	30 <i>Agrifair— Abbotsford Exhibition Park</i>	31 <i>Agrifair— Abbotsford Exhibition Park</i>	

August 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 <i>Agrifair— Abbotsford Exhibition Park</i>
2 <i>Agrifair— Abbotsford Exhibition Park</i>	3 <i>Agrifair— Abbotsford Exhibition Park—BC Day</i>	4	5	6 <i>Play soccer together.</i>	7	8
9 <i>Spend the day at a local pool.</i>	10	11	12 <i>Hide a surprise for your child to find.</i>	13	14	15 <i>Visit the library to find out about reading programs for children.</i>
16	17	18 <i>Go for a walk and collect rocks.</i>	19	20	21 <i>Decorate your collected rocks.</i>	22
23	24 <i>Present options when your child seeks your help.</i>	25	26	27 <i>Child Care Resource and Referral is available to assist your with your child care needs.</i>	28	29
30 <i>Try new foods today.</i>	31					

September 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Have your child draw some of their favourite summer memories.</i>	2	3	4 <i>Write the narrative to each picture your child drew and put them together to make a book.</i>	5
6	7 <i>Labour Day</i>	8	9 <i>Children do best with a regular routine.</i>	10	11	12 <i>Notice when the TV is left on just for background noise and turn it off.</i>
13 <i>Grandparent's Day</i>	14	15	16 <i>Encourage your child to set the table.</i>	17	18	19 <i>Rosh Hashanah</i>
20	21	22 <i>First day of Fall</i>	23	24	25 <i>Make a paper hat out of beautiful junk.</i>	26
27	28 <i>Yom Kippur</i>	29	30 <i>Look for small and big leaves.</i>			

October 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Give children simple instructions.</i>	2	3
4 <i>Bake muffins or cookies with your child.</i>	5	6	7 <i>Recite nursery rhymes with your child..</i>	8	9	10 <i>Help your child make a list of all the things they are thankful for.</i>
11	12 <i>Thanksgiving</i>	13	14	15 <i>Go for a walk and collect pine cones.</i>	16	17 <i>Diwali</i>
18 <i>Find a Halloween costume.</i>	19	20	21 <i>Plan a family outing to a pumpkin patch</i>	22	23	24 <i>Go apple picking.</i>
25	26	27 <i>Give your children your full attention when they are telling you about their day.</i>	28	29	30 <i>Paint or carve a face for our pumpkin.</i>	31 <i>Halloween</i>

November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Daylight Savings Time Ends</i>	2	3 <i>Use flashlights to make shadows on the wall.</i>	4	5	6 <i>Cuddle together with a cup of hot chocolate</i>	7
8	9 <i>Decorate a tree for birds. Use strings of popcorn, dry bread and dried fruit,</i>	10	11 <i>Remembrance Day</i>	12 <i>Encourage your child to dress themselves. Allow extra time and keep things simple.</i>	13	14
15 <i>Keep all medicine locked and out of children's reach.</i>	16	17	18 <i>Visit a local community centre and find out what drop ins are available,</i>	19	20 <i>Christmas Tree Lighting</i>	21 <i>Make snowflakes out of paper—decorate with cotton and/or sparkles.,</i>
22	23	24 <i>Bake cookies with your child—enjoy them together.</i>	25	26	27 <i>Make a tent with a bed sheet and some chairs.</i>	28
29	30 <i>Think of things your and your child can make for gifts.</i>					

December 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2 <i>Make cards to send to your family and friends.</i>	3	4	5 <i>Go for a walk to the library and look for Christmas books.</i>
6	7	8 <i>Make Christmas decorations with your child. Be creative!</i>	9	10	11 <i>Hanukkah Begins</i>	12
13	14 <i>Involve the whole family when decorating the Christmas</i>	15	16	17 <i>Schedule quite time during the holidays. Children need down time—so do adults.</i>	18	19 <i>Hanukkah Ends</i>
20 <i>Take a drive in the evening and look at the Christmas lights.</i>	21 <i>First Day of Winter</i>	22	23	24 <i>Read a Christmas book while sipping on hot chocolate.</i>	25 <i>Christmas</i>	26 <i>Kwanzaa Boxing Day</i>
27	28	29 <i>Turn the TV off and have a family games night.</i>	30	31 <i>New Year's Eve</i>		