# 2017 April Month of the Young Child®

## Focus Weeks

### Week One
**April 1-8**
**Physical Development**
- 2: Bend and stretch and reach for the sky; exercise with your child!
- 3: Well-balanced meals support growth and development.
- 4: Make sure your child gets adequate sleep. Deep sleep helps with long-term memory.
- 5: Encourage play doh, water, and sand play. Using fingers and hands develops small muscles, stimulates the brain, and benefits vocabulary.
- 6: Encourage children, over age 2, to drink water. The brain needs to be properly hydrated to be alert.
- 7: Make sure your child’s immunizations are up-to-date.
- 8: Teach your child stress-relaxation strategies such as deep breathing and exercising.

### Week Two
**April 9-15**
**Social Development**
- 9: Promote positive relationships with peers and adults.
- 10: Model, encourage and recognize acts of caring.
- 11: Help your child understand and follow routines and rules.
- 12: Demonstrate pro-social problem-solving skills in social interactions.
- 13: Use children’s literature to share examples of being helpful and caring.
- 14: Encourage your child to understand and care about the feelings of others.
- 15: Talk, sing and play every day!

### Week Three
**April 16-22**
**Emotional Development**
- 16: Use positive strategies to guide your child’s behavior.
- 17: Honor your child’s choices whenever possible. Set reasonable limits.
- 18: Use words to celebrate your child’s efforts and accomplishments.
- 19: Encourage your child to express feelings verbally, and in drawing and writing.
- 20: Encourage movement, exploration, curiosity and independence.
- 21: Laugh! Laughing reduces stress and boosts the production of chemicals needed for alertness and memory.

### Week Four
**April 23-30**
**Cognitive Development**
- 22: Limit the use of electronic media; go outside and explore!
- 23: Encourage your child to look for visual patterns - in nature, in books, in art - they’re everywhere!
- 24: Read aloud to your child every day. It is essential for language development and for preparing your child to be a successful reader.
- 25: Foster an awareness of print. Point out letters and words, and read signs aloud.
- 26: Talk as you do simple, everyday things so your child becomes familiar with the sounds and rhythm of language.
- 27: Encourage your child to draw and write by providing a variety of tools and materials.
- 28: Use words to describe what your child is doing so that actions are connected to words. “You’re brushing your teeth.”
- 29/30: Learn how to install your child’s car seat and about childhood injury prevention.

---

Month of the Young Child® and MOYC® are registered service marks of the Michigan Association for the Education of Young Children.