

2008 APRIL

Month of the Young Child®

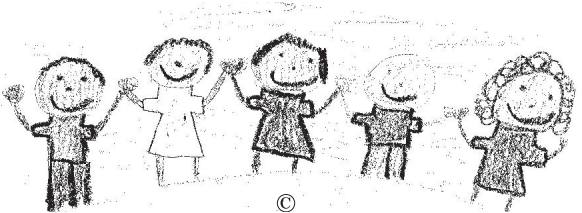
Focus Weeks

Week One
April 1-5
Physical
Development

Week Two
April 6-12
Social-Emotional
Development

Week Three
April 13-19
Cognitive
Development

Week Four
April 20-30
Language and
Literacy

S	M	T	W	T	F	S	
		1	2	3	4	5	
		Learn about local and state Month of the Young Child activities and events. Visit www.MiAEYC.org	Bend and stretch, and reach for the sky! Exercise daily with your child. www.firstcandle.org www.tomorrowschildmi.org	Follow Safe Sleep practices. www.cdc.gov/vaccines	Make sure your child's immunizations are up-to-date. www.fns.usda.gov/tn/	Serve nutritious meals and snacks. www.nhtsa.dot.gov	Learn how to properly install your child's car seat. www.nhtsa.dot.gov
6	7	8	9	10	11	12	
Smile, laugh, hug - let your child know how much you care!	Encourage your child to express feelings verbally, and in drawing and writing.	Honor your child's choices whenever possible. Set reasonable limits.	Be a positive role model; teach your child how to be caring.	Recognize and show appreciation for your child's efforts and accomplishments.	Encourage exploration, curiosity and independence.	Teach your child stress-relaxation strategies such as deep-breathing and exercising.	
13	14	15	16	17	18	19	
Laugh! Laughing reduces stress and boosts the production of chemicals needed for alertness and memory.	Encourage children, over age 2, to drink water. The brain needs to be properly hydrated to be alert.	Engage your child in problem-solving. Problem-solving provides opportunities for new learning.	Make sure your child gets adequate sleep. Deep sleep helps with long-term memory.	Encourage your child to look for visual patterns - in nature, in books, in art - they're everywhere!	Involve your child in decision-making activities.	Encourage playing with play doh, water, sand, small toys - using fingers and hands stimulate the brain.	
20	21	22	23	24	25	26	
Read aloud to your child every day. It is essential for language development and for preparing your child to succeed as a reader.	Infants and toddlers love books - sturdy, washable books with simple, uncluttered pictures.	Talk as you do simple, everyday things so your child becomes familiar with the sounds and rhythm of language.	Encourage your child to write and draw by providing a variety of tools and materials.	Expand vocabulary by creating new verses for fingerplays and songs.	Foster an awareness of print. Point out letters and words and read signs aloud.	Sing, sing, sing! Use music to share information, to expand vocabulary, to have fun!	
27	28	29	30				
Talk, sing and play, everyday! www.bornlearning.org	Take your child to the library. Check out books and ask about children's programs. www.publiclibraries.com/michigan.htm	Use words to describe what your child is doing so actions are connected to words. "You're brushing your teeth."	Encourage your child to dictate a story to you. Read it aloud again and again.				