FEBRUARY

Encourage your child to express ideas and feelings.

Use every day activities to learn about different feelings.

- Turn off the radio or CD player and talk when you and your child are driving in the car together.
- Turn off the TV and talk with your child about things that interest him or her.
- Talk with your child about some things each of you did that day.
- Talk about what makes people feel sad, happy, angry, frustrated, scared, etc.
- Use facial expressions and different tones of voice to dramatize different emotions.
- Look at a picture book together and have your child try to predict what will happen next.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Check with your school about upcoming kindergarten registration dates.			**1** **Read to Me:** Read a book and talk about how the story made you feel.	**2** **Groundhog Day** Talk about seasons - what is the weather like in summer, winter, fall, etc.	**3**	**4** **Rosa Park's Birthday**
5	**6** **Read to Me:** Read a book about different types of feelings.	**7** **Play Time:** Try acting out various feelings through facial expressions.	**8** **To Do Together:** Make a list of people you love and talk about why.	**9** **Library Day** Ask a librarian to show you some good books about feelings.	**10** **What . . .** Rhymes with pig, bat or door?	**11** **Thomas Edison's Birthday** **Talk to Me:** Talk about what makes people sad, happy, angry, frustrated, scared, etc.

12
Lincoln's Birthday

Art Time:
Make homemade Valentine's cards for the loved ones on your list.

13
Red Week:
Look for things that are red this week.

14
Valentine's Day

Celebrate with a family group hug!

15
Talk to Me:
Saying thank you is important. See how many times you and your child can say it today.

16
Practice:
Play 'Simon Says' and include lots of fun movements.

17
Numbers & Counting:
Count all of the red cars you see today.

18
Play Time:
Have your child invite a friend over to play dress-up.

19
Read to Me:
Read a story and ask your child what was his/her favorite part and why.

20
President's Day

21
What . . .
Rhymes with the word sock?

22
Washington's Birthday

Ash Wednesday

Practice:
Zippers, snaps and buttons.

23
Library Day

24
Numbers & Counting:
Stack and count pennies as high as you can.

25
Talk to Me:
Who is your favorite book or show character?

26
Numbers & Counting:
Count all of the doors and windows in your home.

27
What . . . ?
When you read a story ask your child what he thinks will happen next.

28

29
Talk with Me:
Ask your child to name the opposites of hot, down, open, etc.

February is National Children's Dental Health Month!

Great Books for February:

Geoffrey Groundhog Predicts the Weather *– Bruce Koscielniak*
I Take a Deep Breath *– Sharon Penchina & Stuart Offman*
Lilly's Chocolate Heart *– Kevin Henkes*
The Night Before Valentine's Day *– Natasha Wing*
Peace Week in Miss Fox's Class *– Eileen Spinelli*
The Tooth Book *– Theo LeSeig*
Tooth Fairy Tales *– Deb Capone*
Your Mouth and Nose *– Lydia Carlin*

Tips for fun and successful brushing:

- Share a children's book about brushing your teeth.
- Let your child choose their own toothbrush - something with soft bristles. Choose toothpaste and mouthwash in flavors your child likes - you need a pea-size amount of paste.
- Brush your teeth together - outside, inside and where you bite. Say "ahh" or "eee" - these sounds put your child's mouth in the best position for brushing.
- Find fun ways to time your brushing (at least 2 minutes) - such as playing or singing a song.