

LET'S TALK, READ, AND SING ABOUT DANCE AND MOVEMENT!

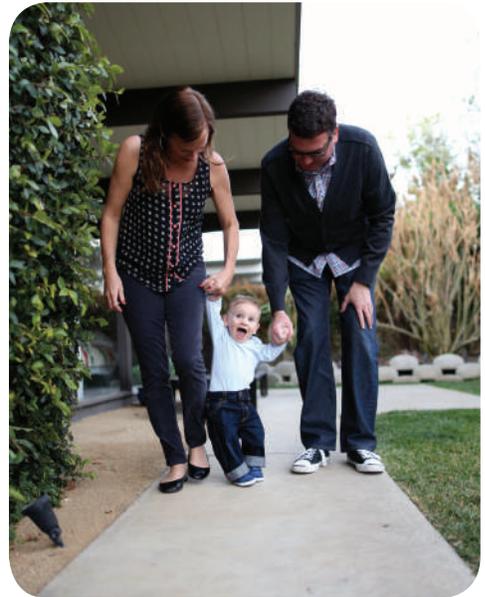


January Newsletter

This month we are talking about Dance and Movement!

Children can use movement and dancing to express how they are feeling, release some extra energy, or enjoy the world around them.

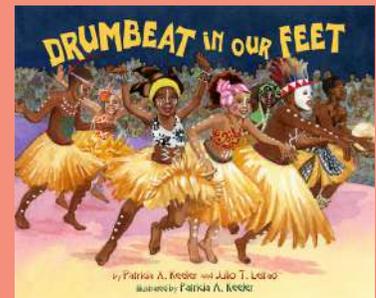
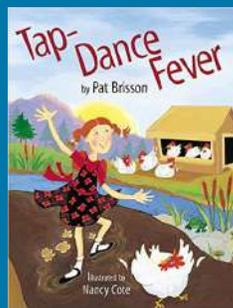
Parents and caregivers can encourage children to move and dance by creating dances together, moving along to favorite songs, or noticing how people move throughout the day.



BOOKS

Tap-Dance Fever By Pat Brisson

Annabelle can't stop tap dancing at home, at school, and all over town. The townspeople try to stop her. However, her cheerfulness and staying true to herself eventually win them over.



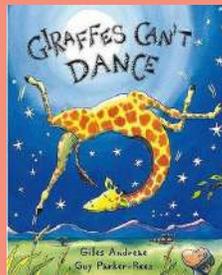
Drumbeat in our Feet By Patricia A. Keeler

All ages will enjoy this book about the history of African dance. It's a hand-clapping, foot-stomping, drum-beating experience full of culture.

Giraffes Can't Dance

By Giles Andreae and Guy Parker-Rees

The other animals think Gerald the Giraffe can't dance because of his long neck and skinny legs, but children will cheer as Gerald finds his groove after following the advice of a wise cricket. "We all can dance when we find music that we love."



MUSIC



Let's Dance!

The right music makes everyone, you and your child, want to move and dance! That's why we've partnered with Spotify to create fun music playlists for everyday family moments. Pick a Spotify channel, and have fun dancing with your child to the songs!

Enjoy these tunes by visiting www.talkingisteaching.org/spotify.

For more tips and information, please visit: www.talkingisteaching.org



#TALKINGISTEACHINGTIPS CALENDAR



Talk, read, and sing with your children every day! Simple interactions like the ones below can help boost children's brain and language development, setting them up for success in school and beyond. Please share photos of your family talking, reading, and singing using the hashtag #TalkingIsTeaching.

1 Get ready to move your body with your little one! Say, "Let's make up a dance together!"	2 Use your body to make letters! "Can we spell your name using our body? How would we make the letter A?"	3 Let's talk about movement! First, dance with your little one as fast as you can. Then, dance together as slow as you can.	4 Count together as you move your body! "Let's hop like a frog 5 times. Let's do 10 jumping jacks. Let's turn around 5 times."	5 Play your child's favorite song. Tap, clap, move and jump to the beat!	6 Play Follow the Leader! Make up dance moves and have your little one follow you! Take turns being the leader.
7 Draw a picture together of dancers! Ask, "How are the dancers moving? What kind of dancing are they doing?"	8 When you read together, let your baby help turn the pages—it can help build their interest in books.	9 Grow your baby's vocabulary by using big words like "humongous" or "gigantic" instead of "big."	10 At the grocery store, give your baby an apple to hold in each hand. Ask, "Which is heavier? Which is lighter?"	11 Turn on your baby's favorite songs and move your bodies as you dance together!	12 Your baby loves to hear your voice. Talk, read, and sing together every day.
13 Laughing is an important part of learning! Play fun games like "peek-a-boo" or sing funny nursery rhymes.	14 Talk with your baby about his day! Ask them what he did, how he felt, and what he wants to do tomorrow!	15 Talk about clothing and the weather. "What do we wear when it is cold? Warm?"	16 Celebrate the things that make your child unique! Create a song with your little one about what makes her special and sing it together.	17 Practice saying and spelling your child's name with them! Write it out and trace the letters together, or spell out their name in a song!	18 Spending time drawing and coloring with your child can develop her creative, motor, and language skills! Ask her to draw their favorite food or animal!
19 Talk about shapes as you eat healthy and yummy snacks! Compare the shape of a square cracker or a round tomato!	20 Use your senses to explore the environment around you! What do you see? Hear? Smell?	21 Talk about water on a rainy or snowy day! What does water feel like? Taste like? Sound like?	22 Have fun pretending to move and sound like different animals. "Ribbit and hop like a frog" or "chirp and flap your wings like a bird"!	23 During bedtime, talk with your baby about your favorite parts of the day.	24 Ask questions about your child's art. You can say, "I noticed you used the color blue. Why?"
25 Talk with your child in your native language. Speaking together in two or more language builds your baby's brain.	26 Go on a "shape hunt" with your little one. Search for different shapes in your home and around your neighborhood.	27 When you go on a walk with your baby, count the trees, leaves, cars, or animals that you see.	28 Cuddle and share a story about your childhood. It's a great way to bond with your baby.	29 As you do laundry, play a game of finding the matching pairs of socks.	30 Have fun playing outdoors with your child and talking about what you see together!

