

## May 2021 Content Calendar

### May Observances and Events:

- Children’s Book Week/Spring Book Week (May 3-9)
- Teacher Appreciation Week (May 3-7)
- National Teacher Appreciation Day (May 4)
- Mother’s Day (May 9)
- [Mental Health Action Day](#) (May 20)
- Better Sleep Month

Topics	Sample Resources
<p><b>5/3-5/9 Celebrating The Important Role of Moms</b></p> <p>This week we are celebrating mothers (and mother figures) and the special bond created between a mom and her baby, which plays an enormous role in a child’s later development. Maternal bonds are a child’s first model for intimate relationships and help children build the strong sense of safety and self-esteem that are vital to healthy social-emotional development.</p> <ul style="list-style-type: none"> <li>● 5/9 Mother’s Day</li> </ul>	<p><a href="#">How Bonding Builds Babies Brains</a> TSTF</p> <p><a href="#">All We Need Is A Little Love (Mostly)</a> TSTF</p> <p><a href="#">3 Easy Ways to Boost Baby’s Brainpower with Just Your Voice</a> Motherly/TSTF</p> <p><a href="#">Hooray for Mother's Day!</a> PBS</p> <p><a href="#">A Parent’s Touch Actually Transforms A Baby’s Brain</a> Huffington Post</p> <p><a href="#">A Mother’s Love: Children’s Books for Mother’s Day</a> PBS Parents</p> <p><a href="#">Mother's Day: Celebrate the Little Things</a> Bright Horizons</p> <p><a href="#">Mother's Day Traditions Around the World</a> Scholastic</p>

**5/10-5/16 Learning about Language Development**

Children learn language by listening to the people around them. Parents and caregivers can help their little ones develop language skills by taking advantage of everyday moments to talk, read, and sing with them from birth.

[Tips for Using Language at Home and in the Community](#) TSTF

[Talk, Read, and Sing Together Every Day!](#) TSTF

[How Young Children Learn Language](#) Scholastic

[Literacy Builds Life Skills as Well as Language Skills](#) NYTimes

[Let's Talk About It: 5 Ways to Build Babies' Language and Communication Skills from Birth](#) ZERO TO THREE

[Activities to Encourage Speech and Language Development](#) ASHA

[12 Ways to Support Language Development for Infants and Toddlers](#) NAEYC

[Fun Activities to Promote Speaking Skills](#) BabyCenter

[The Brain-Changing Power of Conversation | Harvard Graduate School of Education](#)

[Do Children Soak Up Language Like Sponges?](#) NY Times

**5/17-5/23 Support Children's Mental Health & Practicing Mindfulness**

Mindfulness is the practice of having an awareness of the present moment and paying close attention to your inner thoughts and feelings. When caregivers and children develop the ability to be mindful they are able to use their senses to focus on their own actions. Developing the skill of mindfulness can have many benefits for a child's social-emotional development, including improved emotional regulation and an increased ability to learn.

- [Mental Health Action Day](#) (May 20)

TSTF Talking Is Teaching [Small Children Have Big Feelings](#)

TSTF Tip Sheet [Understanding your Child's Behavior](#)

TSTF Tip Sheet [Parenting is a Journey](#)

TSTF Tip Sheet [Caring for Your Children and Yourself During COVID-19](#)

TSTF [Kindness Toolkit](#)

[Mindfulness in Early Childhood](#) ZERO TO THREE

[Mindfulness for Children - Well Guides](#) NYTimes

[Mindfulness for Kids: Benefits, Activities, Toddlers, More](#) Healthline

[Motherhood Mindset: Three Ways to Practice Mindfulness With Your Baby](#) Huffington Post

[10 parenting strategies to reduce your kids' pandemic stress](#) PBS News Hour

[Supporting Children's Mental Health: Tips for Parents and Educators](#) National Association of School Psychologists

**5/24-5/30 Early Literacy**

It's never too early to instill a love of reading in your child! Reading aloud with little ones from birth positively impacts their language development and a child who has fun exploring books at home from early on is likely to enjoy reading in school and beyond!

[Early Literacy Resources](#) TSTF

[The Benefits of Reading Aloud to Children](#) TSTF

[How to Raise a Reader](#) New York Times

[Infants & Toddlers: How To Read To Very Young Children](#) Scholastic

[How to Create a Literate Home: Baby and Toddler](#) PBSKids

[Fall in Love with Reading: Ten Simple Things you Can Do at Home](#) NAEYC

[Learning at Home: 9 Early Literacy Activities](#) PBS Kids

[Best Children's Books for Celebrating Spring](#) PBS Kids

[How Children Read Differently From Books vs. Screens](#) NY Times

**Videos:**

Facebook: [TSTF Virtual Read Aloud of \*Hair Love\*](#) TSTF

[La Fuerza de Familias Latinas](#) TSTF/Univision/Literacy Partners