## January Observances & Events:
- 01/18- Martin Luther King Jr. Day

<table>
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<tr>
<th>Topic</th>
<th>Suggested Resources</th>
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| 1/4-1/10 Sleep and Child Development | Let's Talk About Night Time Poster TSTF  
Bedtime is talk, read and sing time TSTF  
Sleep Critically Affects Childhood Brain Development Huffington Post  
Tips and Tools on Sleep ZERO TO THREE  
Children and Sleep National Sleep Foundation  
Healthy Sleep Habits: How Many Hours Does Your Child Need? Healthy Child  
Solving Sleep Problems PBS Kids  
The fascinating connection between your baby's sleep and their language development Motherly  
Sleep & Learning: Why is Sleep Important for Children? Bright Horizons  
Eight ways to help your child get a good night's sleep Stanford Child |
### 1/11-1/17 Cultivating Nurturing Relationships

Nurturing relationships with parents and caregivers lay the foundation for children’s healthy social-emotional development. A loving and secure environment helps children feel safe and develop trust.

- **Small Children Have Big Feelings** [TSTF](#)
- **How Bonding Builds Babies Brains** [TSTF](#)
- **All We Need Is A Little Love (Mostly)** [TSTF](#)
- **Bonding With Your Baby** [Healthy Children](#)
- **30 Little Ways to Bond With Baby** [Parenting](#)
- **A Parent’s Touch Actually Transforms A Baby’s Brain** [Huffington Post](#)
- **Caring Relationships: The Heart of Early Brain Development** [NAEYC](#)
- **Tips on Helping Your Child Build Relationships** [ZERO TO THREE](#)
- **How To Bond With Baby: Building Relationships With Infants** [Bright Horizons](#)

### 1/18-1/24 Helping Your Child Develop Executive Function

What is executive function and how can you help your child develop it? Executive function is a group of skills that helps regulate behaviors and manage emotions: these skills allow us to process information, focus attention and control impulses. Executive function skills help children learn new information, plan, and solve problems, which is why they can predict school success.

- **Helping Your Child Develop Executive Function** [TSTF](#)
- **Building Skills to Last a Lifetime** [TSTF](#)
- **When Do Babies Learn Self-Control?** [The Atlantic](#)
- **Executive Function Skills Predict Children’s Success in Life and in School** [Huffington Post](#)
- **Help Your Child Develop Self-Control** [ZERO TO THREE](#)
- **Executive Function & Self-Regulation** [Center for the Developing Child](#)
- **Can the Right Kinds of Play Teach Self-Control?** [New York Times](#)
- **Learning How to Learn: Tips for Developing Executive Function Skills at Home** [TSTF](#)
1/25-1/31 Encouraging Creativity

Children are naturally curious. Parents can play a role in encouraging their children to develop their creativity and personal interests. When children have the opportunity to channel their creativity, they can think and learn in new ways. This week, we will share tips and resources to support your child in using their creativity to explore the world.