

#TALKINGISTEACHINGTIPS CALENDAR: JANUARY



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 [#TalkingIsTeachingTips](#).

1 Happy New Year! Use this time to reflect on your family's bedtime routines and determine what's working and what you may want to change.

2 Cuddle up with your little one and read bedtime stories.

3 Let's talk about bedtime! What do we do to get ready for bed?

4 Create your own lullaby to sing with your child during her bedtime routine!

5 Describe the sky and how it changes at night. What does the moon look like? How did the color of the sky change?

6 As you help your child put on pajamas, talk about what it looks and feels like. You can say: "Your shirt is blue and soft!"

7 Children's brains build connections as they sleep, so make sure your child gets enough each night!

8 Go on a math adventure at the grocery store! Together, count the food items you're placing in your cart with your child.

9 Share a book with your child. As you read, ask questions like: "What do you see? What's your favorite page?"

10 As you're driving or riding the bus, talk about the colors of traffic lights and what they mean –red means stop, green means go.

11 During bedtime, hold your baby close and sing a lullaby. What's your favorite song to sing together?

12 Take turns showing each other different faces and use words to describe them: "We're smiling because we're happy!"

13 Have fun singing a silly song about your day with your baby!

14 Take a walk in your local park and talk about the colors, shapes, and sizes you see around you.

15 Play peek-a-boo while getting dressed! Ask, "Where are you?" as you pull a shirt over your baby's head. Then say, "There you are!"

16 During bath time, use words like "sink" or "float" to help your child experiment and learn new words.

17 During snack time, sing about food and make fun food rhymes like "banana fanana"!

18 Everywhere you go, use words to talk about what you see and what your baby is looking at or pointing to.

19 Share a nursery rhyme with your child today. Use your hands and body to bring the words to life!

20 Use words to describe how food tastes or smells. Ask, "What does this apple feel like? Taste like? Smell like?"

21 Share a book or a song in your native language. It's a great way to introduce your child to your home culture!

22 Sing "Old MacDonald" with your child, and change the animals on the farm to other animals or objects you see in your home!

23 Begin a daily gratitude routine with your child. Each day at bedtime, take turns sharing things you were thankful for that day.

24 Books can help children develop empathy! When reading together ask questions like: "How do you think the character feels?"

25 As you help your child get dressed, talk about colors of his clothes. You can say: "Your socks are red and soft!"

26 Sing songs like "Five Little Monkeys" that have simple counting patterns to help your child learn early math skills.

27 During bath time, play fill and dump with a cup. This teaches your child about measurement concepts like full and empty.

28 Your baby loves to hear to hear the sound of your voice! Talk about what you're doing and name objects around you.

29 At the grocery store, describe the food you put in your cart using words like big, tall, wide, or tiny.

30 As you do laundry, describe the clothes you're folding: "This shirt is humongous! What else can we find that's humongous?"

