

## Too Small to Fail Topic Calendar (January 2019)

### I. January Observances & Events:

- 12/31 New Year's Eve
- 01/01 New Year's Day
- 01/21 Martin Luther King Jr. Day

TOPICS	SAMPLE RESOURCES
<p><b>12/31 – 01/06 The Importance of Family Routines</b></p> <p>Through daily routines, parents can provide children with a sense of security, order, and predictability that allows them to navigate their world. Parents can use moments throughout a child's daily routine, such as getting dressed, mealtime or bedtime, to talk, read and sing together. These activities will facilitate learning and develop language, communication, literacy, and social skills in little ones.</p> <ul style="list-style-type: none"> <li>● 12/31 New Year's Eve</li> <li>● 01/01 New Year's Day</li> </ul>	<p><a href="#">New Year's Eve, Family Style</a> PBS Parents</p> <p><a href="#">Making New Year's Resolutions with Your Child</a> PBS Parents</p> <p><a href="#">Creating Routines for Love and Learning</a> ZERO TO THREE</p> <p><a href="#">The Importance of Family Routines</a> HealthyChildren.org</p> <p><a href="#">Creating New Family Routines</a> Raising Children Network</p> <p><a href="#">Routines Matter: 4 Ways to Set a Smart Toddler Schedule</a> Parents</p> <p><a href="#">Why Is Routine Important for Babies?</a> Parents</p> <p><a href="#">The Basics of Baby Schedules: Why, When, and How to Start a Routine</a> BabyCenter</p> <p><a href="#">Baby Sleep: Bedtime Routines</a> BabyCenter</p> <p><a href="#">Establishing a Bedtime Routine With Your Baby</a> BabyCenter</p>

**01/07 - 01/13 Sleep and Child Development**

When our little ones are sleeping, their brains are busy building connections! Sleep is important for brain development, learning, and physical development. This week, we will share important research on sleep in early childhood, as well as tips on how parents and other caregivers can establish healthy sleep habits for their young children.

[Baby Sleep Basics](#) Baby Center

[The 7 Reasons Your Kid Needs Sleep](#) Parents Magazine

[Sleep Critically Affects Childhood Brain Development](#) Huffington Post

[Tips and Tools on Sleep](#) ZERO TO THREE

[What Sleep Is and Why All Kids Need It](#) KidsHealth

[How an Early Bedtime Can Have Lasting Effects on Kids](#) CNN

[A Child's Nap Is More Complicated Than It Looks](#) NYT

[Children and Sleep](#) National Sleep Foundation

**01/14 - 01/20 The Power of Songs**

In addition to being fun, listening to music and singing with your little ones has many benefits. Music is a great way to introduce children to new words and sound patterns. It creates a rich multi-sensory environment in which their brains build connections. And music is more than words, when children are actively engaged with music – clapping, bouncing, and dancing – they develop motor skills and body coordination.

[Spotify Playlists](#) TSTF

[Sing With Your Baby](#) TSTF

[Music Offers Fun and Brain Power, Too](#) TSTF

[Infants' Brains Attuned to Baby Talk and Nursery Rhymes](#) BBC News

[10 Ways Babies Learn When We Sing To Them!](#) NAEYC

[Beyond Twinkle, Twinkle: Using Music with Infants and Toddlers](#) ZERO TO THREE

[Singing to Children May Help Development of Language Skills](#) The Guardian

	<p><a href="#">From Mozart To Mr. Rogers: Literacy, Music And The Brain</a> NPR Ed</p> <p><b>Video</b></p> <p><a href="#">Create Your Own Lullaby</a> TSTF &amp; Carnegie Hall</p>
<p><b>01/21 - 01/27 Helping Your Child Develop Executive Function</b></p> <p>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.</p> <ul style="list-style-type: none"> <li>● 01/21 Martin Luther King Jr. Day</li> </ul>	<p><a href="#">Helping Your Child Develop Executive Function</a> TSTF</p> <p><a href="#">When Do Babies Learn Self-Control?</a> The Atlantic</p> <p><a href="#">Executive Function Skills Predict Children’s Success in Life and in School</a> Huffington Post</p> <p><a href="#">Help Your Child Develop Self-Control</a> ZEROTOTHREE</p> <p><a href="#">Executive Function &amp; Self-Regulation</a> Center for the Developing Child</p> <p><a href="#">Parenting to Boost Executive Function</a> Huffington Post</p> <p><a href="#">Can the Right Kinds of Play Teach Self-Control?</a> New York Times</p>
<p><b>01/28 - 02/03 Everyday Fun With Science</b></p> <p>Young children are naturally curious about science, or the study of the natural world. They are drawn to questions that help them make sense of their world. While adults grasp and explain their world through words, children learn by touching, smelling, tasting, seeing, and hearing.</p>	<p><a href="#">Let's Talk, Read, and Sing About STEM!</a> TSTF</p> <p><a href="#">STEM Moments: Everyday Fun With Science</a> TSTF</p> <p><a href="#">STEM Moments: Everyday Fun with Engineering and Technology</a> TSTF</p> <p><a href="#">Sensory Play Encourages Thinking - and Fun!</a> TSTF</p> <p><a href="#">Science in the Backyard or Park</a> PBS Parents</p> <p><a href="#">Science Activities for Babies &amp; Toddlers</a> PBS Parents</p>

[10 Tips to Support Children's Science Learning](#) NAEYC

**Video**

[Everyday Fun with Science](#) TSTF

[Everyday Fun with Engineering and Technology](#) TSTF