

Too Small to Fail Topic Calendar (January 2018)

I. January Observances & Events:

- 01/16 Martin Luther King Jr. Day

TOPICS	SAMPLE RESOURCES
<p>01/01 – 01/07 The Importance of Family Routines</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>	<p>Creating Routines for Love and Learning ZERO TO THREE</p> <p>Defending the Family Routine NYT</p> <p>The Importance of Family Routines HealthyChildren.org</p> <p>Family Routines Raising Children Network</p> <p>Creating New Family Routines Raising Children Network</p> <p>Routines Matter: 4 Ways to Set a Smart Toddler Schedule Parents</p> <p>Why Is Routine Important for Babies? Parents</p> <p>The Basics of Baby Schedules: Why, When, and How to Start a Routine BabyCenter</p> <p>The Ultimate Bedtime Routine for Children The Huffington Post</p> <p>Baby Sleep: Bedtime Routines BabyCenter</p> <p>Establishing a Bedtime Routine With Your Baby BabyCenter</p>

01/08 - 01/14 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.

[Let's Talk about Bedtime graphic](#)

[Let's Talk about the Night Time graphic](#)

[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

[Midday Nap Helps Pre-school Children Learn, New Study Finds](#) The Guardian

[In Defense of Absurdly Early Bedtimes](#) Slate

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

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

Twitter Only

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

[Sleep Strengthens Healthy Brain Connectivity](#) Psychology Today

[Children and Sleep](#) National Sleep Foundation

01/15 - 01/21 The Power of Songs

[Spotify Playlists](#) TSTF

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.

[Sing With Your Baby](#) TSTF

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

[Why Making Music Matters: Music and Early Childhood Development](#)
Carnegie Hall

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

[9 Ways to Encourage Baby's Speech Development](#) Huffington Post

[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

[Newborn Babies in Study Recognized Songs Played to Them While in the Womb](#) Washington Post

[From Mozart To Mr. Rogers: Literacy, Music And The Brain](#) NPR Ed

Video

[Create Your Own Lullaby](#) TSTF & Carnegie Hall

Twitter Only

[Research Shows Taking Music Lessons can Speed up Brain Development in Children](#) Quartz

01/22 - 01/28 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

[Ready for School? Executive Function = Success](#) Huffington Post

[When Do Babies Learn Self-Control?](#) The Atlantic

[Executive Function Skills Predict Children's Success in Life and in School](#) Huffington Post

[Promoting Self Control: It Might Not Be What You Think](#) Huffington Post

[Help Your Child Develop Self-Control](#) ZEROTOTHREE

[Cookie's Crumby Pictures](#) Sesame Workshop

Twitter Only

[The Art of Control](#) Harvard Graduate School of Education

[Executive Function & Self-Regulation](#) Center for the Developing Child

[Parenting to Boost Executive Function](#) Huffington Post

[Can the Right Kinds of Play Teach Self-Control?](#) New York Times

01/29 - 02/04 Everyday Fun With Science

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

[Let's Talk, Read, and Sing About STEM!](#) TSTF

[STEM Moments: Everyday Fun With Science](#) TSTF

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

through words, children learn by touching, smelling, tasting, seeing, and hearing.

[Sensory Play Encourages Thinking - and Fun!](#) TSTF

[Science in the Backyard or Park](#) PBS Parents

[Science Activities for Babies & Toddlers](#) PBS Parents

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

Video

[Everyday Fun with Science](#) TSTF

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

