

Too Small To Fail Topic Calendar (January 2021)

I. January Observances & Events:

- 01/18- Martin Luther King Jr. Day

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

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](#) ZEROTOTHREE

[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](#)

	<p>Bright Horizons</p> <p>Flexible Thinking: How to Encourage Kids to Go With the Flow Parenting Tips & Advice PBS Kids</p>
<p>1/25-1/31 Encouraging Creativity</p> <p>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.</p>	<p>Explore Art for Learning TSTF</p> <p>How To Raise A Creative Kid Huffington Post</p> <p>Nurturing Your Child's Creativity Parents</p> <p>Nurturing Creativity & Imagination for Child Development Bright Horizons</p> <p>Excerpt from Nurturing Creativity: An Essential Mindset for Young Children's Learning NAEYC</p> <p>Tips on Nurturing Your Child's Curiosity Zero To Three</p> <p>How to Promote Creative Thinking Scholastic</p> <p>How to Raise a Creative Kid Highlights</p>