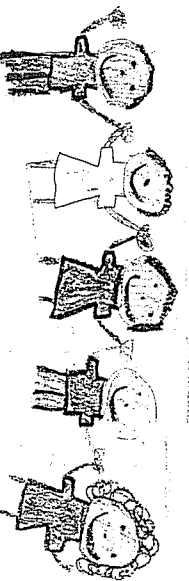


# 2009 APRIL Month of the Young Child®

Focus Weeks

S M T W T F S



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<b>Week One</b> April 1-11 Physical Development	5 Talk, sing and play, every day! <a href="http://www.bornlearning.org">www.bornlearning.org</a>	6 Encourage children, over age 2, to drink water. The brain needs to be properly hydrated to be alert.	7 Bend and stretch and reach for the sky; exercise with your child!	8 Make sure your child gets adequate sleep. Deep sleep helps with long-term memory.	9 Serve healthy, nutritious snacks.	10 Spend time outdoors; fresh air enhances well-being.	11 Encourage playing with play doh, water, sand, small toys. Using fingers and hands develops small muscles and stimulates the brain.
<b>Week Two</b> April 12-18 Social-Emotional Development	12 Smile, laugh, hug - let your child know how much you care!	13 Recognize and show appreciation for your child's efforts and accomplishments.	14 Honor your child's choices whenever possible. Set reasonable limits.	15 Be a positive role model; teach your child how to be caring.	16 Encourage your child to express feelings verbally, and in drawing and writing.	17 Encourage movement, exploration, curiosity and independence.	18 Teach your child stress-relaxation strategies such as deep-breathing and exercising.
<b>Week Three</b> April 19-25 Cognitive Development	19 Laugh! Laughing reduces stress and boosts the production of chemicals needed for alertness and memory.	20 Infants and toddlers love books - sturdy, washable books with simple, uncluttered pictures.	21 Engage your child in problem-solving. Problem-solving provides opportunities for new learning.	22 Encourage your child to write and draw by providing a variety of tools and materials.	23 Encourage your child to look for visual patterns - in nature, in books, in art - they're everywhere!	24 Foster an awareness of print. Point out letters and words and read signs aloud.	25 Sing, sing, sing! Use music to share information, to expand vocabulary, to have fun!
<b>Week Four</b> April 26-30 Language and Literacy	26 Read aloud to your child every day. It is essential for language development and for preparing your child to succeed as a reader.	27 Talk as you do simple, everyday things so your child becomes familiar with the sounds and rhythm of language.	28 Expand vocabulary by creating new verses for fingerplays and songs.	29 Use words to describe what your child is doing so actions are connected to words. "You're brushing your teeth."	30 Encourage your child to write and draw by providing a variety of tools and materials.	Learn about local and state Month of the Young Child activities and events. Visit <a href="http://www.MiAIEYC.org">www.MiAIEYC.org</a>	