

December

Independent Skill

“I CAN...Dress for cold weather!”

Have your child practice putting on (and taking off) their jacket and zipping, their own hat, scarf, boots, mittens, etc. Focus on listening for the phrase “I can do it myself!”

Co-Operative Behaviors

“I CAN...Help around the house!”

Have your child help with upcoming events. If you decorate a Christmas tree, the house, make treats, or clean-up for company, give your child a task to do with you. Remember to model what you want their help to look like, and make it fun!

Motor Skills

“I CAN...Pick it UP!”

Have your child try picking up small items or slippery items using pinching methods. This can be so much fun start out easy having them use thumb and pointer finger. Challenge them by having them try using their less dominate hand, different two fingers, or even try some tweezers.

BONUS: Give chop sticks a try!

Mathematics & Science

“I CAN...COOK!...Measure...Pour...Stir”

Cooking uses both math and science and is a great activity to do with your child! Talk your child through each step: measuring, what comes first...next...last, how things change... when mixed (dry becomes wet) ... when cooked or frozen (wet/sticky becomes hard/crunchy)

Problem Solving

“I CAN...Count down the days!”

Help your child create a paper chain to count down to different events. Use several colors to help them create patterns, and make different lengths. You can do this for Christmas, New Year, Family members visiting, or a trip. Have your child count them each day, and tear off a link off. Discuss which event will happen first, and which one will take longer to get to.

Language and Literacy Development

“I CAN...Talk about my family’s traditions!”

Work with your child by talking about special traditions, objects, or decorations you may have this time of year. Ask them to describe these things using words such as shiny, tall, bright, yummy, etc. Name shapes they see in your décor, or in a special family member’s home.

BONUS: If there is a special story behind one of your traditions or objects, have your child share it with us!

Social and Emotional Skills

“I CAN...Give to someone else!”

Feeling proud of a kindness that you have extended to someone else and building empathy in a child is a big part of a child’s development. Anytime is a good time to give to someone else but this is the time of year that we celebrate a giving spirit. Help your child create a gift to give to someone else (drawing, baking, crafting etc...). Discuss why you are giving it to this other person and how it will make this person feel and what feelings that gives your child?