



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Try This! Before something new, ask: "What do you think might happen?" Then talk about who can help, what your child can do, and one thing they can try if they feel unsure.		1 Find your name! Look for the first letter of your name around your home.	2 Build a tower with cups or blocks. How tall can you make it?	3 Go outside and find 3 things that feel different. How do they feel?	4 Play "Follow the Leader." Take turns choosing silly ways to move.	5 Visit your local library and check out September's books!
6 Draw a picture of something that makes you happy. Tell someone about it.	7 Clap the parts in family names: Em-i-ly, Da-vid. Whose name has more parts?	8 Practice opening a snack, water bottle, or lunch box by yourself.	9 Say a word. What sound do you hear first? Try: sun, ball, moon.	10 Make a pretend store. Take turns being the shopper and cashier.	11 Take a walk. Count 10 steps slowly, then 10 steps quickly.	12 Ask: "What was something kind you did or saw today?"
13 Write your name with a crayon, pencil, chalk, or even your finger!	14 Find two things that rhyme. Try cat/hat or log/frog. Make up a silly rhyme!	15 Use socks as balls. Toss them into a basket. Move farther away each turn.	16 Help with one real job today: set the table, match socks, or feed a pet.	17 Chant "When I Feel..." Words are on the back!	18 Ask: "If you could build anything, what would you build? What would you need?"	19 Plan a playdate with a friend!
20 Collect leaves or rocks. Put them in order from smallest to biggest.	21 Practice 3 slow breaths. Smell the flower. Blow out the candle.	22 Play with sounds! Say /m/ /ap/. Put the sounds together: map!	23 Use play dough or paper to make lines, circles, crosses, and shapes.	24 Ask: "What can you do if you need help?" Practice asking someone.	25 Fill two cups with water. Which has more? Pour and test your guess.	26 Make a blanket fort. What could it become, a cave, castle, school, or spaceship?
27 Practice your bathroom routine: clothes, wipe, flush, dress, wash hands.	28 Look at a book together. Ask, "What do you think will happen next? Why?"	29 Count while you clean up. How many toys can you put away?	30 Sing "The September Song." Words are on the back!	Helping Children Feel Ready for New Things New places, people, and routines can bring big feelings. Talk with your child about what to expect and give them chances to try things on their own. Remind them that it is okay to ask for help, take their time, and try again. Each new experience helps children build confidence, solve problems, and trust themselves.		

Play With Sounds in Words

Before children read words, they need to hear the sounds inside them.

Playing with sounds helps build strong early reading skills.

Try these simple ideas:

- Say the first sound: "What sound starts sun?" /s/
- Clap the parts in a word: 'Ta-ble' has 2 parts..
- Find rhymes: "What rhymes with cat?"

These sound games help children hear how words work. This makes it easier to learn letters, sounds, and reading later.

"WHEN I FEEL..."

When I feel happy, I can clap.

(Clap your hands)

When I feel excited, I can tap.

(Tap with your feet)

When I feel angry, I breathe in slow.

*(Put your hands on your belly,
breathe in slowly)*

When I feel worried, I let it go.

*(Wrap your arms around yourself in a
gentle squeeze)*

**In through my nose, out through my
mouth,**

(Point to your nose as you breathe in)

I slow my body, calm it down.

(Sway slowly side to side two times.)



THE SEPTEMBER SONG

(TUNE: TWINKLE, TWINKLE, LITTLE STAR)

September's here, the leaves grow bright,

(Reach arms up high, stretch tall)

Red and yellow, what a sight!

(Wiggle fingers like falling leaves)

Pick an apple off the tree,

(Reach up and pretend to pluck an apple)

September's here, autumn is near,

(Pretend to take a big bite and chew)

Let's all give a happy cheer!

(Jump up and throw hands in the air)

Hooray for fall, it's finally here!

(Big jump!)



Books to Read this Month

Check out these books at the library.

If they are not available, ask the librarian for a recommendation.

FOR READERS AGES 0-3

Maisey Goes to Preschool

by Lucy Cousins

Little Monkey Calms Down

by Michael Dahl

FOR READERS AGES 3+

The Leaf Thief

by Alice Hemming

Llama Llama

Gram and

Grandpa

by Anna

Dewdney

