



October



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Play dress up together. Talk to your child about what it means to play collaboratively with friends and share toys. <i>Go for a bike or scooter ride.</i>	Take your child for a walk and collect fall leaves.	Help your child make his/her name on the refrigerator with magnetic letters. <i>Have your child practice jumping rope.</i>
Go for a family walk to the park and have a family fitness session.	Orange week look for things that are orange this week. <i>Play hopscotch with your child today.</i>	Look at a magazine together that has pictures of people. Talk about what they look like and how they are similar and/or different from you. <i>Go for a family bike ride</i>	Give your child a household job like setting the table or helping prepare a meal. <i>Create a low balance beam and have your child walk across it.</i>	Take your child to buy writing and drawing supplies. Keep them in a box. <i>Set up targets and have your child hop from place to place on the floor.</i>	Read a book with your child or visit a local library <i>Take your child for a brisk walk or jog around the neighborhood.</i>	Go for a walk with your child and play follow the leader (skipping, hopping, running, etc.)
Go outside and let your child draw on the sidewalk with chalk. <i>Practice throwing and catching with your child</i>	Together look at pictures in a book before reading it to your child. <i>Turn up the music and dance as a family.</i>	Talk to your child about how important they are in your family and how they are unique in their own way. <i>Sing "Head, Shoulders, Knees and Toes with your child."</i>	Gather colorful fall leaves with your child. Glue them on a piece of construction paper to make a collage. <i>Have your child pretend to waddle like a duck or leap like a frog across the room</i>	Read or tell a story to your child about real people who show imagination and creativity. <i>Set up targets and have your child hop from place to place on the floor</i>	Together plan and follow through with a simple craft project. <i>Take your child for a ride around the block on their bike or scooter</i>	Visit a playground and help your child with climbing activities.
Have your child practice zipping his/her coat or jacket before going outside. <i>Practice throwing and catching with your child.</i>	Take a walk around the neighborhood as a family and look for signs of the changing season.	Help your child practice listening and following directions by playing "Follow the Leader." <i>Go for a bike or scooter ride.</i>	Read your child a story and have him/her act it out using a stuffed animal. <i>Have your child gallop like a horse to the restroom and the kitchen</i>	Look up a science experiment project online and work on it with your child. Then have a family science presentation. <i>Play "Simon Says" with your child.</i>	Have your child count all the canned goods and boxed foods in your pantry. Develop a chart to compare the two. <i>Play hopscotch with your child today.</i>	Play games where children must follow directions, such as board games, tag, "follow the leader," or an obstacle course.
Take your child with you when you go grocery shopping. Allow them to be in charge of crossing things off your list. <i>Have your child practice jumping rope.</i>	Measure your child on the growth chart you developed. Count how many inches they've grown since the last time you measured them. Don't forget the date! <i>Go for a bike or scooter ride.</i>	Combine several packs of seeds and help your child sort them into groups. <i>Allow your child to practice swinging, climbing, and sliding at the playground.</i>	Say a word to your child and ask him/her to say words that rhyme. <i>Have your child practice jumping rope.</i>	Have your child find things that begin with the letter "H." <i>Build an obstacle course with furniture, pillows and blankets for your child to navigate through</i>	Help your child find food items or animals that begin with the same letter as your child's first name. <i>Sing "Head, Shoulders, Knees and Toes with your child."</i>	Go for a family bike ride. Have your child name the first letter on the names of stores and buildings around your neighborhood.