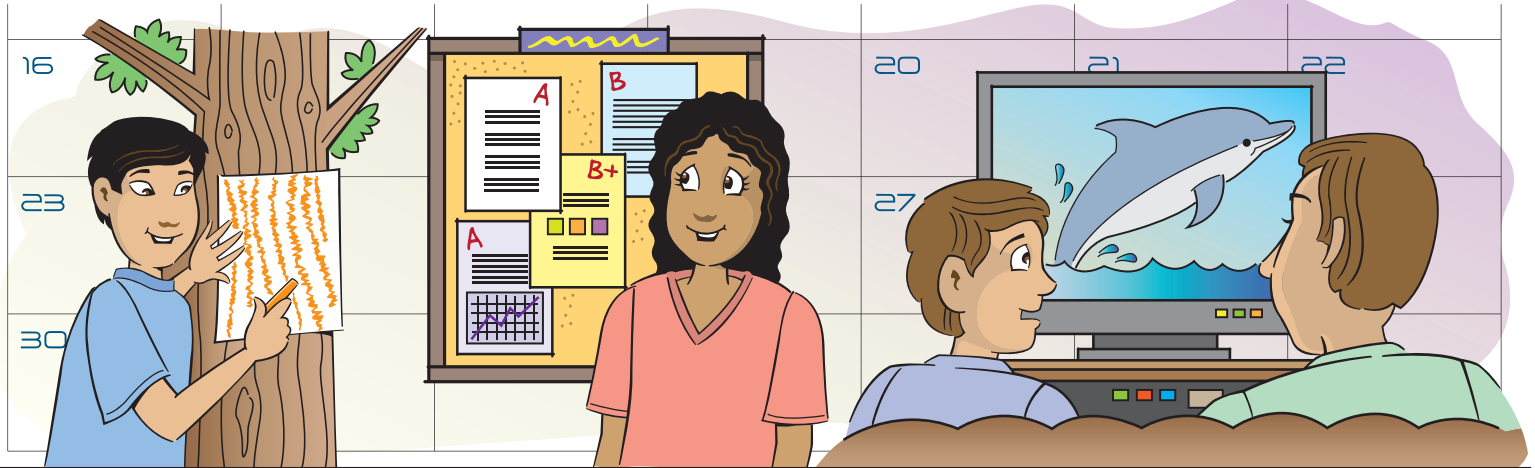


Parent & Child Activity Calendar

Elementary School

St. James-Assiniboia School Division #2



THE PARENT INSTITUTE®

Parent & Child Activity Calendar

Elementary School
Parents
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2016				1 Talk with your child about your family's fall routine. Plan to eat at least one meal a day together.	2 Think of a meaningful quotation you love. Post it where your child will see it.	3 September is Library Card Month. Make sure everyone in your family has a library card.
4 A calendar is important for organization. Buy or make one with your child. Use stickers for important dates.	5 Think about the rules you have for your child. Are they appropriate for his age?	6 Ask your child to guess how many times she blinks in a minute. Then check!	7 When your child asks a question you can't answer, write it down. Keep a list of questions to look up later.	8 When your child is unsuccessful, try asking, "How would you do it differently next time?"	9 Write a note of encouragement and tuck it in your child's lunch box or in a school book.	10 Turn chores into a game. Assign each chore a number and have your child roll a die to see which one he gets.
11 Tonight, talk with your child about the week ahead. Plan to do this every Sunday night.	12 A nutritious breakfast helps kids learn. Start the day with a healthy breakfast at home or at school.	13 Challenge family members to write, eat or do other activities with the hand they don't favor.	14 Make sure you and your child know school rules. Talk about one school rule tonight.	15 At dinner, have each family member say something nice about every person at the table.	16 What foods make your child think of autumn? Apples, pumpkins? Choose one and prepare a snack together.	17 Keep the TV turned off today. Let your child choose some alternate activities.
18 Today, have your child keep track of everything she eats. What one change would make her diet more nutritious?	19 Help your child find his best time to do homework. Some kids do best right after school; others do best at night.	20 Tonight at dinner, put a "price" on each item you serve. Have your child figure out the total cost of the meal.	21 Talk about fire safety today. What should your child do in case of a fire? Teach her an escape route from her room.	22 When your child has a problem, give him two possible solutions and let him decide which one to choose.	23 Keep a notebook handy when watching TV. Have your child jot down five new words. Look them up later.	24 Visit the library today. Sit in a cozy chair and read a few books together.
25 Put fall items such as leaves or acorns in a jar. Ask your child to guess how many there are. Then count them.	26 Have your child set a weekly goal. Write it down. Could you do this, too?	27 Play math "Jeopardy." Give a number. Who can come up with an equation for which it is the answer?	28 Praise your child for something she did today. Make your praise as specific as possible.	29 Try to find a county fair or autumn festival nearby. Plan a trip.	30 Talk to your child about people he admires. Ask him why he admires them.	