

Day *by* Day

Ideas parents can use to help children do better in school.

Intermediate Unit 1
Fayette - Greene - Washington



THE
PARENT
INSTITUTE®

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September 2004

- 1. Name the people in your family. Who is the oldest? The tallest?
- 2. Describe a noise. Ask your child to tell you if it's loud or soft.
- 3. Play hide and seek with your child. When you are "it" blow on a whistle so your child can use his ears to find you.
- 4. Talk about playground safety with your child today.
- 5. Visit a park with your child and encourage her to talk and interact with the other children there.
- 6. Separate laundry with your child. Separate items by color, size or type.
- 7. Look through the newspaper with your child. Have him find familiar letters and numbers in headlines.
- 8. Set a goal for the day with your child. Make reaching the goal as fun as possible.
- 9. Poke holes in the bottom of a large plastic bottle. When outside, fill the bottle with water and let your child sprinkle the grass, sidewalk and driveway.
- 10. Talk about opposites: *big* and *little*, *fast* and *slow*.
- 11. Ask your child to point out all the red things she sees today.
- 12. Look through your child's baby book with him. Talk about his accomplishments.
- 13. As you get your child dressed this morning, name all the clothes that you put on your child. Have your child repeat them after you.
- 14. Plan a "no TV evening." Work a puzzle or read a book instead.
- 15. Teach your child about uppercase and lowercase letters
- 16. Take off one of your shoes when your child isn't looking. Ask your child to look at you and tell you what is missing.

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- 17. Help your child practice tying her shoes.
- 18. Pause while reading a familiar story. Have your child fill in the blanks.
- 19. Make some popcorn with your child. Listen to the sound of the kernels popping and make popping noises with your child.
- 20. Play a game with the family tonight.
- 21. Practice naming the days of the week with your child.
- 22. Sing "If You're Happy and You Know it" with your child. Show your child how to clap hands, stomp feet and shout "Hooray!"
- 23. Let your child tell you a story today.
- 24. Make plans for a special parent-child day.
- 25. Make a sad face, then a happy face. Ask your child how he thinks you feel with each face.
- 26. Go for a walk together. Skip, jump hop and run.
- 27. Ink fingers on a stamp pad and press on paper. Tell your child that no two prints are the same.
- 28. Laugh out loud with your child today. Tell a funny joke or tickle your child.
- 29. Cook your child's favorite meal.
- 30. Blow bubbles with your child.



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Early Childhood Edition

October 2004

- 1. Draw a picture of a face. Point out each part of the face to your child and have her repeat it back to you.
- 2. Find a broken toy. See if you and your child can fix it.
- 3. Show your child a pattern by alternating apple and banana slices. Can your child tell what will come next?
- 4. Spend time outside. Collect rocks or leaves and help your child put them in a special box.
- 5. Watch a children's show with your child. Talk about the characters.
- 6. Teach your child to sing "Row, Row, Row Your Boat."
- 7. Make bird sounds. Ask your child to chirp back to you.
- 8. Ask your child to find different shapes in the bathroom.
- 9. Talk about what makes each season special.
- 10. Draw the flag of your country. Have your child color it. Tape it to a stick and have your child wave it around.
- 11. Make up a song featuring your child's name.
- 12. Give your child three different toys to use together.
- 13. Beat a pattern using a pot and a wooden spoon. Then have your child beat the same pattern.
- 14. Have your child draw a picture of himself.
- 15. Ask your child to point out items in the grocery store.
- 16. Talk about what different animals eat. Ask your child what she likes to eat.



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- 17. Help your child learn his age and birthday.
- 18. Show your child the different forms of water. Hold an ice cube in your hands. What happens?
- 19. Help your child sort animal crackers into different piles.
- 20. Spend a day focusing on manners. Praise your child when she says "please" and other polite things.
- 21. Place items in a shoe box. Cut a hole in the lid. Let your child reach in and guess what he feels.
- 22. Allow your child to use an adult tool, such as a flashlight, with your supervision.
- 23. Bake cookies together. Name the ingredients you use and ask your child to repeat them back to you.
- 24. Plan a family outing with your child.
- 25. Ask your child to help you sweep the house. Make swishing noises together.
- 26. Visit the library today. Ask the librarian about youth programs that may be available for your child.
- 27. Use strips of construction paper to make a colorful chain.
- 28. Trace your child's hand and have her color it.
- 29. Ask your child to form letters with his body.
- 30. Let your child help as you set your clocks back one hour for the end of Daylight Saving Time. Check your smoke detectors together.
- 31. Read the comics in the newspaper together today.

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- 1. Have your child help you set the table. Name the items as she places them on the table.
- 2. Have your child bend and roll things.
- 3. Count each step your child takes when he climbs the stairs.
- 4. Sing favorite songs with your child today.
- 5. Have your child hand you a toy. Hide the toy and see if she can find it.
- 6. Ask your child to check the weather and draw a picture of it.
- 7. Look in the mirror with your child. What color are your eyes? What color is your hair?
- 8. Turn on some music that has no words. Give your child a crayon and paper and ask him to draw the music.
- 9. Choose a special place to display your child's artwork.
- 10. Discuss a tune on the radio. Is the tune *fast* or *slow*?
- 11. Go outside and listen to the noises that vehicles make. Try to guess which vehicle it is (bus, plane, car, truck).
- 12. Let your child draw on paper towels with washable markers. Spray the towels with water. Watch the colors blend.
- 13. Label objects such as table, chair and floor. This will help your child with word recognition.
- 14. Tell your child three things you love best about her.
- 15. Give your child a glue stick and help him make a collage.
- 16. Set up a special place for your child to look at books.
- 17. Let your child look at several items on a tray for 30 seconds.



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- 18. Play musical chairs with the entire family.
- 19. Pick a letter of the day. With your child, look for it everywhere.
- 20. Make a hat with your child using a paper plate and decorations.
- 21. Give your child four measuring spoons. Ask her to line them up from biggest to smallest.
- 22. Plan a trip to a nearby museum.
- 23. With your child, pretend to be ducks. Quack around the house.
- 24. Read your child a story. Later, ask him to retell it to you. Can he come up with a different ending?
- 25. Call relatives and let your child talk to them on the phone. Encourage your child to speak up.
- 26. Quiz your child on important facts, such as her full name, address and phone number.
- 27. Go through old toys and clothes with your child. Take any you don't need to a charity together.
- 28. Ask questions about the use of common things. What is a house for? What do we do with spoons?
- 29. Have a tea party with your child. Sip tea and eat cookies.
- 30. Let your child make shapes with shaving cream in the tub.

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