

# APRIL



2025

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
		<b>Healthy Habits</b> Tidying Up Encourage them to put toys away in bins or shelves after playing.	<b>Reading</b> Read the book Bear Snores On. While reading, talk to the child about the different seasons and explain why bears hibernate during the winter.	<b>Self-care</b> Washing Hands – Before meals, after using the restroom, and after playing outside. Sing a song to encourage them to wash for at least 20 seconds.	<b>Reading</b> Read the book NO, David! to the child. While reading, ask questions like, 'What is David doing?' and 'Why is his mother saying no?'	<b>Bedtime</b> Putting Toys to Bed Let them "tuck in" their toys before going to sleep.
6	7	8	9	10	11	12
<b>Movie</b> Enjoy a movie with your child that has to do with friendship and sharing	<b>Fine Motor Skills</b> Tearing Paper – Great for hand strength and coordination. Let them tear out pictures from old magazines.	<b>Reading</b> Read The Very Hungry Caterpillar to the child. After reading, ask them, 'What foods did the caterpillar eat?'	<b>Emotional Development</b> Naming Feelings – Teach them words for emotions like happy, sad, frustrated, or excited. Use books or facial expressions to help them recognize these feelings.	<b>Sensory</b> Moon Sand activity Mix 8 cups of flour 1 cup of baby oil. Once mixed allow your child to play with his hands or molding toys	<b>Healthy Habits</b> Encouraging Problem Solving – Guide them to find solutions, like "Your friend has the toy. What can we do while we wait?"	<b>Bed Time</b> Cuddle & Say Goodnight Let them pick a stuffed animal to sleep with. Say "goodnight" to family members
13	14	15	16	17	18	19
<b>Emotional Development</b> Deep Breathing for Calmness Teach them to take deep breaths when upset. A simple method is to pretend to "smell the flowers"	<b>Movie</b> Enjoy a movie with your child that has to do with animals and nature	<b>Self-care</b> Being a Helper - Ask them to hand you something, hold the door, or comfort a friend, fostering kindness.	<b>Deep Breathing</b> Blow bubbles or pretend to blow out candles on a "birthday cake" to teach calming breaths.	<b>Fine Motor Skills</b> Make It a Game – Ask them to find and color certain objects (e.g., "Can you draw a blue circle?").	<b>Sensory</b> Cut out a cardboard heart, tape random sections, then paint over it. Once dry, remove the tape to reveal the design.	<b>Bed Time</b> Put on Pajamas (5 min) Let them pick out their pajamas for the night. Practice putting them on by themselves
20	21	22	23	24	25	26
<b>Healthy Habits</b> Saying Please & Thank You reinforce polite manners in daily interactions	<b>Social skills and Cooperation</b> Follow the Leader – Let toddlers take turns leading fun movements like clapping, jumping, or spinning to build confidence and cooperation.	<b>Movie</b> Paw Patrol: The Movie (2021) – Shows teamwork, bravery, and helping others.	<b>Sensory</b> Bubble Wrap Stomp Lay bubble wrap on the floor. Let toddlers walk, stomp, or press to pop bubbles.	<b>Emotional Development</b> Creating a Safe Space Have a cozy corner with a pillow and stuffed animal where they can go when feeling overwhelmed.	<b>Self-Care</b> Talk to child about emotions ask them how they're feeling at the moment. Introduce them to items that might help express their feelings	<b>Bed Time</b> Nighttime Drawing – Use crayons to draw a "dream" picture.
27	28	29	30	1	2	3
<b>Social skills and Cooperation</b> Doll or Stuffed Animal Care – Role-playing as caregivers helps toddlers practice empathy and kindness.	<b>Fine Motor Skills</b> USING A SPOON, HAVE THE CHILD REMOVE FUZZY BALLS FROM AN ICE CUBE TRAY AND PLACE THEM ON A PLATE	<b>Cooking</b> Let them help wash fruit, spread peanut butter on bread, or pour milk into a cup with supervision.	<b>Movie</b> Winnie the Pooh (2011) – Teaches friendship, patience, and problem-solving in a gentle, toddler-friendly way.			

