

A YEAR OF DISCOVERY

Fun, simple activities to help prepare
your child for kindergarten and beyond



St. Clair County

RESA

Early Childhood Services
www.sccresa.org



Help Me Grow–St. Clair County connects families to local programs and resources that help children thrive from birth to age 5, including:

- Parent support programs
- Early learning opportunities
- Childcare and preschool connections
- Developmental information
- Home visiting programs

For more information, contact:

St. Clair County RESA's
Help Me Grow Care Coordinator

 810-455-4368

 greatstart@sccresa.org

Gain insight into your child's development

Our FREE developmental questionnaires are quick and easy to complete.

Ages 1 month to 5½ years

The **ASQ-3** questionnaire focuses on your child's overall development.



Get started at:
bit.ly/4aLBfAP

Ages 1 month to 6 years

The **ASQ:SE-2** questionnaire focuses on your child's social-emotional development.



Get started at:
bit.ly/4gtnFTL



For more information, visit: **GreatStartStClair.org**

St. Clair County RESA: Your Early Childhood Partner

St. Clair County RESA coordinates a variety of programs and services for families with children from birth to age 5. Through our Early Childhood Services Department, we also connect families to additional local resources tailored to their unique needs.



St. Clair County RESA: Resources for Growing Families

RESA's Early Childhood Services Team is here to support families with children from birth to age five with a variety of services.

Developmental Milestones

Information and resources to help you understand and support your child's growth.

Finding Child Care

Help locating quality child care options that meet your family's needs.

Playgroups

Fun opportunities for children and caregivers to connect and learn together.

Literacy & Kindergarten Readiness

Tips, activities, and materials to build early learning skills and prepare for kindergarten.

More information available at:
sccresa.org



Early On: Supporting Your Child's Development

Early On is Michigan's early intervention system for children from birth to age 3 who may have a developmental delay or a medical condition that could lead to a delay.

Growing and learning are your child's most important jobs. If you've noticed your baby or toddler isn't meeting milestones like other children their age, you're not alone and you're not without support. Early intervention makes a big difference. Recognizing concerns early can your child get the support they need to grow and thrive.

Submit an online referral form at:
mearlychildhood.org

More information available at:
sccresa.org



**Bright start for kids.
Brighter future for Michigan.**

PreK for All: Helping Your Child Prepare for Kindergarten

Michigan's PreK for All offers free, high-quality preschool for all four-year-olds across the state, no matter your family's income. PreK for All helps prepare children for kindergarten through hands-on learning, nurturing relationships, and play-based experiences that build confidence, curiosity, and life skills.

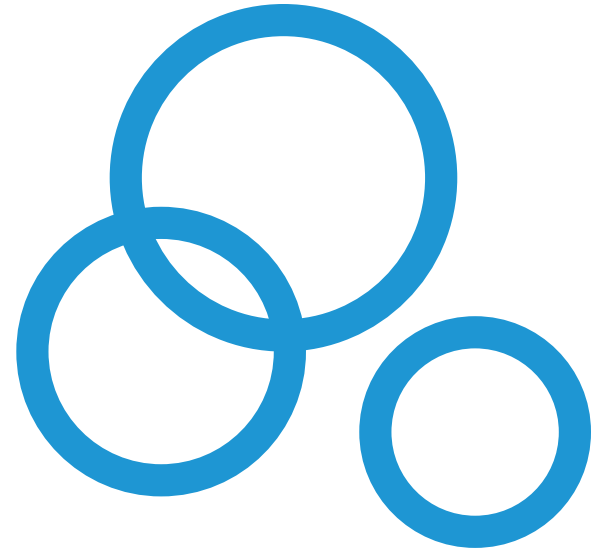
Classrooms are led by certified teachers and focus on helping every child grow academically, socially, and emotionally in a fun and supportive environment.

More information available at:
stclaircountyprek.org



Your Child's Amazing Journey: Birth to Age 5

Every child grows and learns at their own pace, and that's perfectly normal! The milestones below are general patterns to look for along the way. If you ever have questions about your child's development, your pediatrician is always a great place to start.



Birth to 3 months

Your newborn baby is already taking on the world! Watch for first smiles, cooing “conversations,” and eyes that follow your face. Your baby loves familiar voices, bright colors, and the comfort of your arms.

- Talk, sing, and narrate your day. Your voice is your baby’s favorite sound!
- Make eye contact during feedings and diaper changes to deepen your bond.

4 to 6 months

Your baby is becoming social! Expect giggles, babbling, and big smiles—especially for you. They’re rolling, sitting with help, and exploring everything with their hands and mouth.

- Copy your baby’s sounds and expression. They love the back-and-forth!
- Read simple board books together and point to the pictures as you talk.

7 to 12 months

Your little explorer is on the move! They’re crawling, pulling up to stand, and may even take their first steps. They recognize their name, understand simple words, and are starting to say a few of their own.

- Play peek-a-boo and hide-and-find games to build memory.
- Cheer on every new movement. Your excitement is their biggest motivator!

1 to 1½ years

Your toddler wants to do everything you do! They’re walking confidently, enjoying books, and learning more words every day, while also discovering the joy of “mine!”

- Let them “help” with simple tasks such as wiping the table or putting toys away.
- Give simple choices like what shirt to wear to encourage independence.

1½ to 2 years

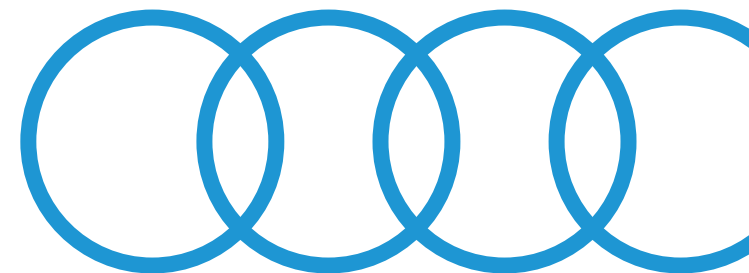
Your toddler is a budding problem solver. They love helping out, playing pretend, and figuring things out on their own, and they’re proud to show you what they can do.

- Offer puzzles, stacking toys, and containers to fill and empty.
- Celebrate their efforts, not just their successes to build confidence.

2 to 3½ years

Your child is full of energy and personality. Language is taking off, independence is growing, and big feelings are part of the package, but they still need your steady support along the way.

- Ask open-ended questions like “What was your favorite part of today?”
- Help them name their feelings. Say, “You seem frustrated. That was really hard!”



3½ to 5 years

Your preschooler is ready to explore, create, and connect! They love asking questions, playing with friends, and acting out stories. Sharing is getting easier (most of the time).

- Encourage dramatic play, by acting out stories, putting on puppet shows, and playing dress up.
- Explore letters and numbers through games, songs, and everyday moments.



Website to Explore: Learn the Signs. Act Early

The CDC’s **Learn the Signs. Act Early** website offers free developmental milestone checklists, tips for supporting early learning through play, and guidance on what to do if you have concerns about your child’s development. Visit [cdc.gov/act-early/](https://www.cdc.gov/act-early/)

Learning on the Go



Learning happens everywhere! Everyday moments at home, out and about, and on the move are full of opportunities to connect with your child and support their growing mind.

At Home

Doing Laundry

Chores like laundry are a great way to build math skills, cooperation, and confidence. When children feel helpful and capable, they love to keep contributing.

- Sort clothes into light and dark piles (decision-making).
- Match socks into pairs (pattern recognition).
- Group shirts into a pile for folding (sorting).

At Meals

Shared meals are a perfect way to connect and build language skills like storytelling, sequencing, and predicting.

- Ask your child to tell a story about their day, or share your own.
- Involve them in meal prep—tearing lettuce, stirring the sauce, or setting the table.

At Bedtime

A calm, predictable routine helps children feel safe and ready for sleep, and sneaks in some learning along the way.

- Build a routine your child can count on (bath, brush teeth, read a story, kiss goodnight).
- Let your child help plan a bedtime tradition like making up stories or talking about the day.

Out and About

At the Grocery Store

Errands are learning adventures in disguise! Try these simple strategies to make shopping trips fun and educational:

- Let your child make choices: "Should we get apples, oranges, or grapes today?"
- Have them help find items on the list or check things off as you go.
- Let them help put groceries away when you get home.

At the Park or Playground

Active play is brain building play. Ask questions that get your child thinking while they move and explore.

- Try questions like "How fast can you run to the big tree?" or "Which slide is taller?"
- Practice counting—swings, steps, or how many kids are playing.

At the Library

Libraries are one of the best free resources for growing readers. Make the most of every visit.

- Help your child get their very own library card.
- Let them choose their own books to check out.
- Attend storytimes and special events together.



Website to Explore: Born Learning

Born Learning provides easy, everyday activities that help young children learn through play, exploration, and family interactions. Families can find practical tips and ideas to support learning at home, in the car, and on the go. Visit bornlearning.com.

Source: Born Learning by Mind in the Making, a project of the Families and Work Institute

On the Move

In the Car or on the Bus

Travel time is talk time. Simple conversations go a long way in building language and thinking skills.

- Ask specific questions about their day: "What did you draw at preschool?" or "Who did you play with?"
- Talk about what's coming next: "after we pick up your sister, we're going to the grocery store."

On a Walk

Walks are a wonderful way to explore nature, get moving, and spend time with your child.

- Make up rhymes or sing songs. Try different speeds and rhythms as you go.
- Practice safety skills by stopping at corners and driveways and looking both ways. Talk about why it's important.
- Ask questions that spark curiosity: "What sounds do you hear?" "What animals do you see?" "What is the weather like today?"



Getting Ready to Learn

How children learn is just as important as what they learn. When children are curious, confident, and willing to try new things, they build skills that help them succeed in school and in life.



Children grow and learn when they are encouraged to:

- Be curious and ask questions
- Make simple choices
- Solve problems on their own
- Feel proud of their efforts
- Keep trying when something is hard
- Focus on activities and tasks
- Try different ways of doing things
- Explore new places, objects, and ideas
- Be open to new experiences
- Use their imagination and creativity

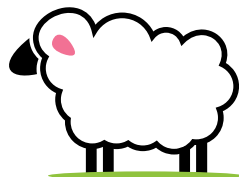
BOOKS TO READ

- *The Carrot Seed*
by Ruth Kraus
- *Maisy Goes to Preschool*
by Lucy Cousins
- *LMNO Peas*
by Keith Baker
- *My Heart is Like a Zoo*
by Michael Hall

RHYME

Little Bo-Peep

Little Bo-Peep has lost her sheep,
And can't tell where to find them.
Leave them alone and they'll come home,
Wagging their tails behind them.



January

Website to explore: bornlearning.org

From riding in the car to standing in line, everyday life is full of chances to help your child learn and grow. Born Learning offers simple, fun ideas to turn daily routines into meaningful learning experiences for your child.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Read on the floor 	Practice dressing 	Experiment with water and food coloring 	Sweep the floor 	Find white things 	Read in a favorite spot 	Make rhymes with your child's name 
Write your child a little note 	Build a fort with blankets and chairs 	Read a bedtime story 	Practice zipping a coat 	Find red things 	Read with a flashlight 	Let your child choose a snack 
Make something with paper and tape 	Make a pattern with blocks 	Find black things 	Practice buttoning a shirt 	Think of words that rhyme with pig 	Draw with markers 	Visit your library 
Count 5 toys and then put them away 	Set the table 	Find blue things 	Play hide and seek 	Play "I Spy" at breakfast 	Move like animals 	Make cookies 
Build a snowman 	Count your fingers and toes 	Find yellow things 	Draw shapes in shaving cream 	Go outside and shovel snow 	Sing the alphabet song 	Tell your child a story from when you were little 



Looking for more time to read together?

Bedtime is a classic favorite, but other everyday moments work just as well. Try reading during bathtime, mealtime, potty breaks, and waiting at appointments. Every page you read helps build your child's love of reading.

Helping Your Child Mature



Social and emotional skills help children understand their feelings, build relationships, and get along with others. These skills help children feel confident, develop healthy relationships, and learn how to navigate the world around them.

Children grow and thrive when they are encouraged to:

- Talk about their feelings
- Share their thoughts and ideas
- Express their needs in positive ways
- Take on age-appropriate responsibilities
- Make and keep friends
- Appreciate similarities and differences in others
- Show kindness and respect
- Work and play with others
- Learn how their actions affect others

BOOKS TO READ

- *When Sophie Gets Angry*
by Molly Bang
- *More More More, Said the Baby*
by Vera Williams
- *A Kiss for Little Bear*
by Else Holmelund Minarik
- *Owen and Mzee*
by Isabella Hatkoff, Craig Hatkoff and Paula Kahumbu



FINGERPLAY

Two Little Blackbirds

Two little blackbirds sitting on a hill
One named Jack (show left hand) and the other named Jill (show right hand)
Fly away Jack (fly left hand behind back)
Fly away Jill (fly right hand behind back)
Come back, Jack! (fly left hand back from behind back)
Come back, Jill! (fly right hand back from behind back)



February

Website to explore: starfall.com

Starfall offers fun, interactive activities that help young children learn to read with phonics and play. It's games, songs, and activities turn screen time into opportunities for learning and discovery.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Make a family photo album 	Read a book about friends 	Look for sad faces in books and magazines 	Help fold the laundry 	Turn off the TV 	Invite a friend over to play 	Visit the library 
Read a book about kindness 	Talk about different feelings 	Locate a calming place in your house 	Talk about different cultures 	Say thank you in Spanish (Gracias) 	Schedule a playdate with a friend 	Read a book about families 
Pretend to be angry monsters 	Draw a picture of your friends 	Ask your child to help clean up their room 	Practice saying, "Thank you" 	Visit a relative 	Put on a play 	Read a book about differences 
Make different faces in the mirror 	Paint a happy picture 	Read a book about feelings 	Practice saying, "Please" 	Talk about how to be a good friend 	Look for happy faces in books and magazines 	Hop on one foot 
Cut out hearts 	Make a list of your family's safety rules 	Wear the color red today 	Talk about all of your favorite things 	Jump high, jump low, leap like a frog 	Complete a puzzle together 	Help your child call someone special 



Build everyday language through conversation

Talk with your child about their day, what's happening now, what's coming next, and what they're looking forward to. These simple conversations build vocabulary, understanding, and confidence.

Brain Power

Children learn about the world through play, exploration, and everyday experiences. As they grow, they develop thinking skills that help them solve problems, make connections, and understand new ideas.

Children develop strong thinking and problem-solving skills when they are encouraged to:

- Notice and talk about what they see around them
- Explore how things work
- Use their hands to investigate and create
- Listen and follow directions
- Make guesses about what might happen next
- Talk about their experiences
- Describe objects, people, and events
- Sort and group things in different ways
- Try out ideas and learn from the results
- Connect new experiences to things they already know
- Try different ways to solve problems
- Ask questions and seek answers



BOOKS TO READ

- ***The Napping House***
by Don and Audrey Wood
- ***Dinosaurumpus!***
by Tony Mitton
- ***Close Your Eyes***
by Kate Banks
- ***Goodnight Moon***
by Margaret Wise Brown

SONG / RHYME

Head and Shoulders, Knees and Toes

*Sung to the tune of
London Bridge is Falling
Down. Throughout, touch
corresponding part of your
body.*

Head and shoulders, knees
and toes, knees and toes.

Head and shoulders, knees
and toes, eyes, ears, mouth,
and nose.

Head and shoulders, knees
and toes.



March

Website to explore: cliengagefamily.org

Discover hands-on activities families can do at home that spark curiosity, build skills, and fit into everyday routines.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Predict whether it will snow again 	Build with blocks 	Find brown things 	Help fold the laundry 	Color a picture 	Find orange things 	Make lunch together 
Tell a story 	Talk about different feelings 	Find green things 	Give choices 	Measure things using a block 	Talk about signs of spring 	Name different kinds of animals 
Look for different shapes outside 	Read a new book 	Find purple things 	Make up a song about spring 	Find something small 	Make cookies 	Sort the laundry by color 
Move to music with streamers 	Read a funny book 	Find blue things 	Hide objects to find 	Make patterns with silverware 	Play a board game 	Name parts of a car 
Read a book 	Celebrate spring by drawing a flower 	Take a walk 	Use a new word 	Ask your child to help clear the table and wash the dishes 	Play music and dance 	Make a book of your own 



Build thinking skills every day

Ask questions, explore together, and talk about your day. These simple moments help children think, solve problems, and make connections.

Reading Opens New Worlds

Children begin developing language and literacy skills long before they can read on their own. Reading, talking, singing, and sharing stories help build vocabulary, spark imagination, and create a love of learning.

Children grow into confident readers when they are encouraged to:

- Play with rhymes, songs, and silly words
- Notice letters and learn their names and sounds
- Pretend to read and tell stories from pictures
- Learn how books work by turning pages and talking about covers and titles
- Listen to stories and talk about what happens
- Predict what might happen next in a story
- Retell favorite stories in their own words
- Connect stories to their own experiences
- Ask questions about books and pictures
- Enjoy reading every day

BOOKS TO READ

- ***Sheep in a Jeep***
by Nancy Shaw
- ***A to Z***
by Sandra Boynton
- ***Jump, Frog, Jump***
by Robert Kalan
- ***Big Red Barn***
by Margaret Wise Brown

SONG

The Eentsy Weensty Spider

The eentsy weensty spider climbed up the water spout.

Down came the rain and washed the spider out.

Out came the sun and dried up all the rain.

And the eentsy weensty spider went up the spout again.



April

Website to explore: ReadwithMe.org

Looking for fun ways to build early reading skills? This site offers tips, book ideas, and activities to help you make reading a joyful part of your child's everyday life, from birth through early elementary.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Think of words that rhyme with your name ☐	Read the beginning of a story ☐	Read at various times of the day ☐	Read a book with rhymes ☐	Read a story about families ☐	Ask your child to retell a story ☐	Ask, "What is your favorite book?" ☐
Point to the title, author, and words in a book ☐	Read an ABC book ☐	Look for letters as you drive ☐	Let your child turn the pages as you read ☐	Read a story about the zoo ☐	I like books about: _____ ☐	Read signs ☐
Model how to handle books with care ☐	Sing a rhyming song ☐	Read a story ☐	Find ABCs around the house ☐	Read a funny poem ☐	Point out the front of the book ☐	Read a story ☐
Talk about what authors and illustrators do ☐	Visit the library ☐	Find yellow things ☐	Help fold the laundry ☐	Read a book about a doctor ☐	Find red things ☐	Read a poem ☐
Ask, "Where do you like to read?" ☐	Make a fort and read in it together ☐	Count all the doors and windows in your home ☐	At the grocery store, talk about which things are cold ☐	Look out the window and talk about the weather ☐	Let your child help prepare a meal or snack ☐	Talk about patterns. Which animals have stripes? ☐



It's time to register your child for school next fall.

- For preschool, visit StClairCountyPreK.org
- For kindergarten, contact your local school district



Writing Helps Understanding



Children begin learning to write long before they form letters and words. Scribbling, drawing, and making marks on paper help children express their thoughts, strengthen their hand muscles, and build early literacy skills.

Children become confident writers when they are encouraged to:

- Scribble, draw, and make marks on paper using crayons, markers, pencils, and paints
- Write their name and familiar words
- Tell others what their drawings and writing mean
- Explore books and learn how they work
- Understand that words can be written down and shared
- Practice using their hands and fingers in new ways
- Create stories through pictures and writing
- Experiment with letters and letter-like shapes

BOOKS TO READ

- *The Alphabet Tree*
by Leo Lionni
- *My Very First Mother Goose*
by Iona Opie
- *Is Your Momma a Llama?*
by Steven Kellogg
- *Brown Bear, Brown Bear*
by Bill Martin, Jr.
and Eric Carle

RHYME

Baa, Baa Black Sheep

Baa baa black sheep, have you any wool?

Yes sir, yes sir, three bags full!

One for the master,
one for the dame,

And one for the little boy who lives down the lane.

May

Website to explore: michiganlearning.org

Find videos, activities, and ideas to support learning at home, created especially for Michigan families and educators. Explore topics such as reading, math, science, and social-emotional through playful, everyday moments.



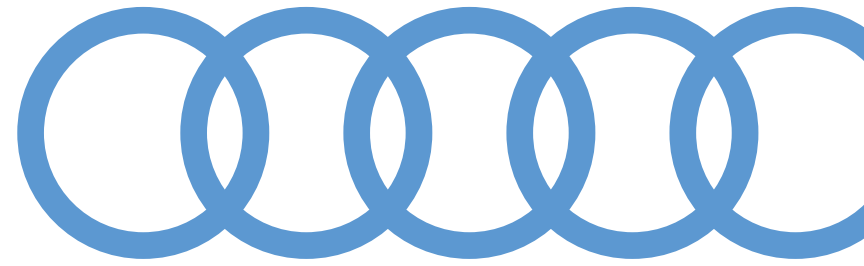
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Draw a picture of your family 	Read an ABC book 	Play restaurant and write out orders 	Make a grocery list 	Write your name with markers 	Label objects in the house 	Find things that start with "F" 
Go to the library and look for words 	Draw a bird 	Write a thank you note 	Make an invitation for a friend to come play 	Trace letters in a magazine 	Form letters with rocks and sticks 	Go for a drive and look for words 
Draw a car 	Write your first name 	Write a story together about a trip 	Write your name in sand or salt 	Write outside with sidewalk chalk 	Find things that start with "B" 	Go to the grocery store and look for words 
Draw a cat 	Make a birthday card 	Make a map to a buried treasure 	Draw a dog 	Make a sign for a door 	Type your name on a keyboard 	Spell with refrigerator magnets 
Find things that start with "T" 	Take a walk and look for words 	Make puppets out of brown paper bags and tell a story 	Trace your child's foot and cut it out together 	Show your child the correct way to wash their hands 	Talk about how we're all unique 	Draw self-portraits 



Play is how children learn

Children build skills by doing what they do best—playing! Turn everyday activities into playful learning. Count apples at the grocery store, sing songs to build rhythm and memory, and make up rhymes to grow vocabulary. With a little creativity, learning can happen anytime, anywhere.

Talking and Listening Together



Talking and listening help children learn words, share ideas, and connect with others. Everyday conversations, songs, rhymes, and stories build important skills for reading, writing, and learning.

Children become strong communicators when they are encouraged to:

- Join in conversations with family and friends
- Learn new words during everyday activities
- Listen and respond to simple directions
- Take turns talking and listening
- Pay attention when others are speaking
- Notice that people communicate in different ways
- Ask and answer questions
- Share their thoughts, feelings, and ideas
- Enjoy talking, singing, and reading together

BOOKS TO READ

- ***Today is Monday***
by Eric Carle
- ***Five Little Monkeys Jumping on the Bed***
by Eileen Christelow
- ***Do Your Ears Hang Low?*** by Caroline Jayne Church
- ***Diddle, Diddle, Dumpling*** by Tracey Campbell Pearson

RHYME

Five Little Monkeys

Five little monkeys
jumping on the bed
One fell off and bumped
his head
Mama called the doctor,
And the doctor said
No more monkeys
jumping on the bed
(Repeat with four
monkeys, then three,
and so on)

June

Website to explore: zerotothree.org

ZERO TO THREE offers expert information and practical tips to support your child's development from birth to age 3. Explore topics such as brain development, early learning, behavior, and relationships, designed for families and caregivers.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Repeat nursery rhymes ☐	Listen to bird sounds ☐	Ask: What rhymes with "cup?" ☐	Ask: What begins with the same sound as "ball?" ☐	Ask a relative questions about when they were young ☐	Listen to a storyteller ☐	Ask your child what you need to set the table ☐
Make up silly words that have the same first sound ☐	Talk about summer ☐	Ask: What rhymes with "hot?" ☐	Ask: What begins with the same sound as "lunch?" ☐	Practice answering questions from a friend ☐	Listen to an audio book ☐	Name items at the store ☐
Say your name with different first letters ☐	Have your child give directions for making a snack ☐	Ask: What rhymes with "sun?" ☐	Ask: What begins with the same sound as "sand?" ☐	Practice taking turns talking with a friend ☐	Ask: What rhymes with "smile?" ☐	Identify places as you drive ☐
Make up a silly song ☐	Identify sounds outside ☐	Pretend to have a phone conversation ☐	Make up silly words that rhyme ☐	Play "Simon Says" ☐	Talk about foods you like to eat ☐	Ask: What begins with the same sound as "beach?" ☐
Play "I Spy something that rhymes with..." ☐	Visit the library and name pictures in the books ☐	Say "Hello!" when someone greets you ☐	Play a game together like Peek-a-Boo or Hokey Pokey ☐	Show your child how to use measuring cups ☐	Go on a rectangle hunt in your house ☐	Make shadow puppets with your hands and a flashlight ☐



Expecting or have a new baby?

Text "BABY" to 511411 to receive three free messages each week with tips to guide you through pregnancy and your baby's first year.

Growing Fit & Strong

Physical development helps children stay active, healthy, and ready to learn. As children grow, they build both large motor skills (using their whole body) and fine motor skills (using their hands and fingers).

Children build strong bodies and healthy habits when they are encouraged to:

- Learn the names of different body parts
- Run, jump, climb, and play actively
- Throw, catch, kick, and balance
- Use scissors safely
- Draw, color, and write with crayons, markers, and pencils
- Put together puzzles
- String beads and use other small objects
- Practice using buttons, zippers, and utensils
- Explore movement through music and dance
- Enjoy active play every day

BOOKS TO READ

- *Get Moving with Grover*
by Random House
- *Eyes, Nose, Fingers and Toes*
by Judy Hindley
- *From Head to Toe*
by Eric Carle
- *Harold and the Purple Crayon*
by Crockett Johnson

FINGERPLAY

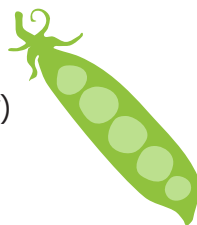
Five Plump Peas

Five plump peas in a pea pod pressed. (Hold one fist up)

One grew, two grew, and so did all the rest. (Open fist one finger at a time)

They grew and they grew and they never stopped. (Starting with hands together, move them apart on each "grew")

They grew so big that the pea pod popped! (Clap hands on "Popped")



July

Website to explore: BeActiveKids.org

This fun, interactive website helps preschoolers ages 4-5 build lifelong healthy habits through movement, nutrition, and food safety practices. Explore ways to help your child stay healthy and thrive.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kick a ball ☐	Throw folded socks into a basket ☐	Practice cutting with scissors ☐	Bend to one side, and then the other ☐	Walk on a line of tape or yarn ☐	Play Simon Says ☐	Play with Play Doh ☐
March to music ☐	Make a necklace with "O" shaped cereal ☐	Measure how tall you are ☐	Stand on your tippy toes ☐	Hop on one foot ☐	Play Hide-and-Seek ☐	Run a relay race ☐
Bounce a ball ☐	Practice coloring with crayons ☐	March in a pretend band ☐	Stretch your arms and legs ☐	Jump on two feet ☐	Play Follow the Leader ☐	Do a puzzle ☐
Ride a bike ☐	Pull a wagon ☐	Swing on a swing ☐	Touch your toes 10 times ☐	Try skipping or hopping ☐	Play tag ☐	Throw a ball ☐
Catch a ball ☐	Slide down a slide ☐	Go for a walk outside and identify the sounds you hear ☐	Help your child type their name on a keyboard ☐	Invite a friend to play in the water ☐	Make up silly words that rhyme ☐	Think of something you can do to help someone today ☐



Need help quitting smoking?

Smoking can affect your pregnancy and your baby's health. For free support, call the Michigan Tobacco Quitlink for free information, tobacco treatment referral, online program, and text-messaging 24 hours a day, seven days a week, at 1-800-QUIT-NOW (1-800-784-8669).

Growing Up Healthy & Safe

Healthy habits help children grow, learn, and feel their best. As children become more independent, they learn how to care for themselves, make healthy choices, and stay safe.

Children develop healthy habits and safety awareness when they're encouraged to:

- Take part in basic hygiene and daily self-care routines such as brushing their teeth
- Wash their hands regularly to prevent illness
- Learn ways to stay healthy and stop the spread of germs
- Recognize when they don't feel well
- Know that doctors, nurses, and other helpers keep us healthy
- Follow safety rules at home, school, and in the community
- Learn who to ask for help in an emergency
- Memorize their name, address, and family details
- Make healthy food choices and try new foods

BOOKS TO READ

- *Good Enough to Eat: A Kid's Guide to Food and Nutrition* by Lizzy Rockwell
- *Little Yoga: A Toddler's First Book of Yoga* by Rebecca Whitford
- *In the Tall, Tall Grass* by Denise Fleming
- *Everybody Poops* by Taro Gami

RHYME

Peter Piper

Peter Piper picked a peck of pickled peppers.

A peck of pickled peppers
Peter Piper picked.

If Peter Piper picked a peck
of pickled peppers,

Where's the peck of pickled
peppers that Peter Piper
picked?



August

Website to explore: KidsHealth.org

Information for parents, children, and teens on child development, emotions, health, nutrition, fitness, parenting, pregnancy, and more. Available in English and Spanish.



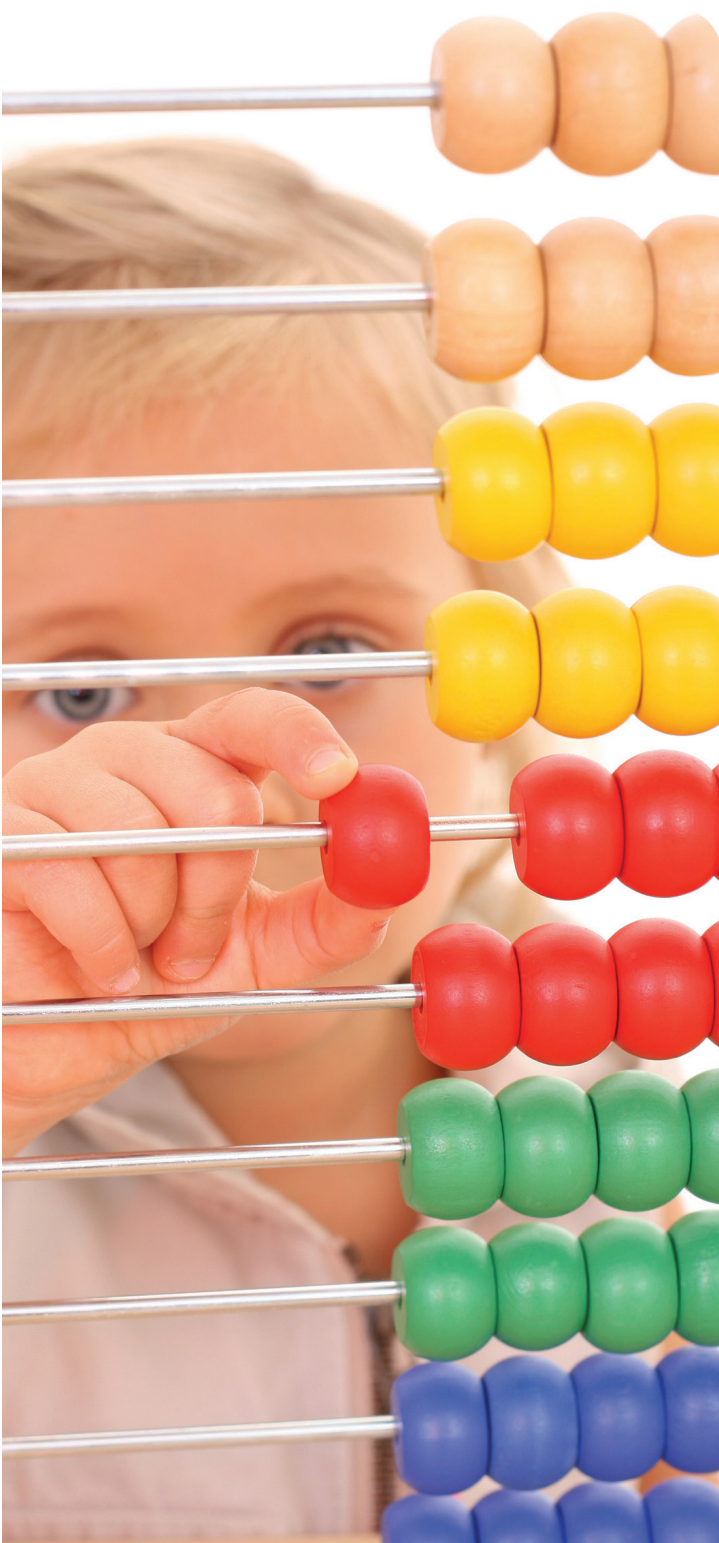
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Make sure your child's immunizations are up to date ☐	Use a fork, spoon, and napkin ☐	Practice combing your hair ☐	Practice crossing the street with an adult ☐	Ask: What is your favorite food? ☐	Talk about what police officers do ☐	Read a book about a police officer ☐
Discuss emergency situations ☐	Don't forget to wear sunglasses ☐	Practice dressing yourself ☐	Practice reciting your phone number ☐	Ask: What foods start with the same letter as your name? ☐	Talk about what fire fighters do ☐	Read a book about a fire fighter ☐
Discuss fire safety ☐	Remember to apply sunscreen ☐	Ask: How old are you? ☐	Read the signs at the grocery store ☐	Prepare a healthy snack ☐	Talk about what a dentist does ☐	Read a book about a dentist ☐
Make an appointment to visit the dentist ☐	Put on your own shoes ☐	Practice reciting your address ☐	Eat fresh veggies ☐	Brush your teeth ☐	Ask: What is your birth date? ☐	Read ingredients on food packages ☐
Draw on the sidewalk with chalk ☐	Do a puzzle together ☐	Play a game together ☐	Play with a dish pan of water and plastic cups, spoons, and bowls ☐	Have your child help you with a household chore ☐	Blow bubbles together ☐	Think of five things that are green ☐



Looking for preschool?

PreK for All is Michigan's no-cost, high-quality preschool for four-year-olds. PreK for All is designed to ensure every child is prepared to thrive when they enter kindergarten. Call (810) 364-8990 for more information or apply online at StClairCountyPreK.org



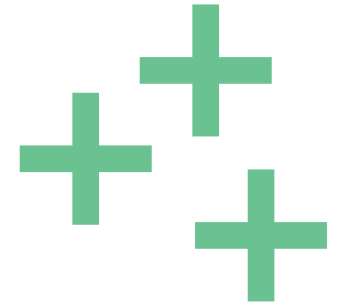


Everyday Math

Young children learn math through play, conversations, and everyday activities. Counting, sorting, measuring, and noticing patterns help children build important thinking and problem-solving skills.

Children develop math skills when they are encouraged to:

- Help solve everyday problems
- Sort and group objects by size, color, or type
- Notice and create patterns like red, blue, red, blue
- Make guesses about what comes next or what might happen
- Explore measuring, weighing, comparing, time, and temperature
- Count objects to 10 and beyond during play and everyday activities
- Use words like more, less, bigger, smaller
- Talk about numbers in everyday life
- Match objects one-to-one (one sock to each shoe, one foot to each sock)
- Recognize and name geometric shapes like circles, squares, and triangles
- Learn position words such as up, down, over, under, top, bottom, beside, and between



BOOKS TO READ

- ***Time to Get Dressed***
by Elivia Savadier
- ***Gossie***
by Oliver Dunrea
- ***Caps for Sale***
by Esphyr Slobodkina
- ***The Doorbell Rang***
by Pat Hutchins

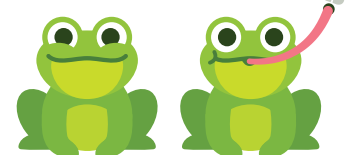
SONG TO SING

Five Green and Speckled Frogs

Five green and speckled frogs sat on a hollow log
Eating some most delicious bugs. Yum yum!

One jumped into the pool where it was nice and cool
Then there were four speckled frogs.

(Repeat with four frogs, then three, and so on.)

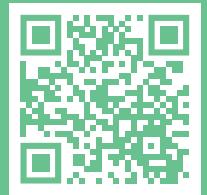


September

Website to explore:

SesameWorkshop.org

Discover how Sesame Workshop uses research, storytelling, and beloved characters to support children's learning and emotional growth around the world.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Count the chairs at the table 	Count the letters in your child's name 	Find leaves and compare colors 	Play with LEGOs 	Ask: How many napkins do you need to set the table? 	Find triangles 	Play a board game 
Sort cereal 	Count the numbers on a clock 	Ask: Which is longer—an apple or banana? 	Write 1-2-3 	Do a number puzzle 	Sort and match sock pairs 	Find ovals 
Follow and prepare a simple recipe 	Find patterns outside 	Ask: Which is taller—a spoon or knife? 	Name the numbers on a phone 	Look for numbers around the house 	Count the wheels on a car 	Find circles 
Measure things using a block 	Make a pattern with coins 	Ask: Which is hotter—summer or winter? 	Find squares 	Ask: Which do you eat first—breakfast or lunch? 	Develop a daily schedule 	Play with dominoes 
Sort coins and discuss how they are similar/different 	Ask: Which is heavier—a cotton ball or a toy? 	Practice cutting squares, circles, triangles, etc. 	Count berries or other snacks as you eat them 	See how many 5's you can find 	Draw a pie on a paper plate and cut it into halves, then quarters 	Fold a paper airplane and fly it 



Math can be fun!

Visit youngmathematicians.edc.org for fun, hands-on math games and activities for young children to build early math skills and confidence. No special materials needed!



Science Is All Around Us

Children are naturally curious about science. They learn about the world by exploring, observing, asking questions, and trying new things. Everyday experiences help children discover how things work and build problem-solving skills.

Children develop scientific thinking when they are encouraged to:

- Explore the world around them and share their observations and discoveries
- Ask “why” and “how” questions about how things work
- Observe plants, animals, and nature
- Notice changes in weather and seasons
- Collect, sort, and compare natural objects
- Use simple tools to explore, investigate, and discover

BOOKS TO READ

- *Diary of a Worm*
by Doreen Cronin
- *Owl Moon*
by Jane Yolen
- *Leaf Man*
by Lois Ehlert
- *If Frogs Made the Weather*
by Marion Dane Bauer

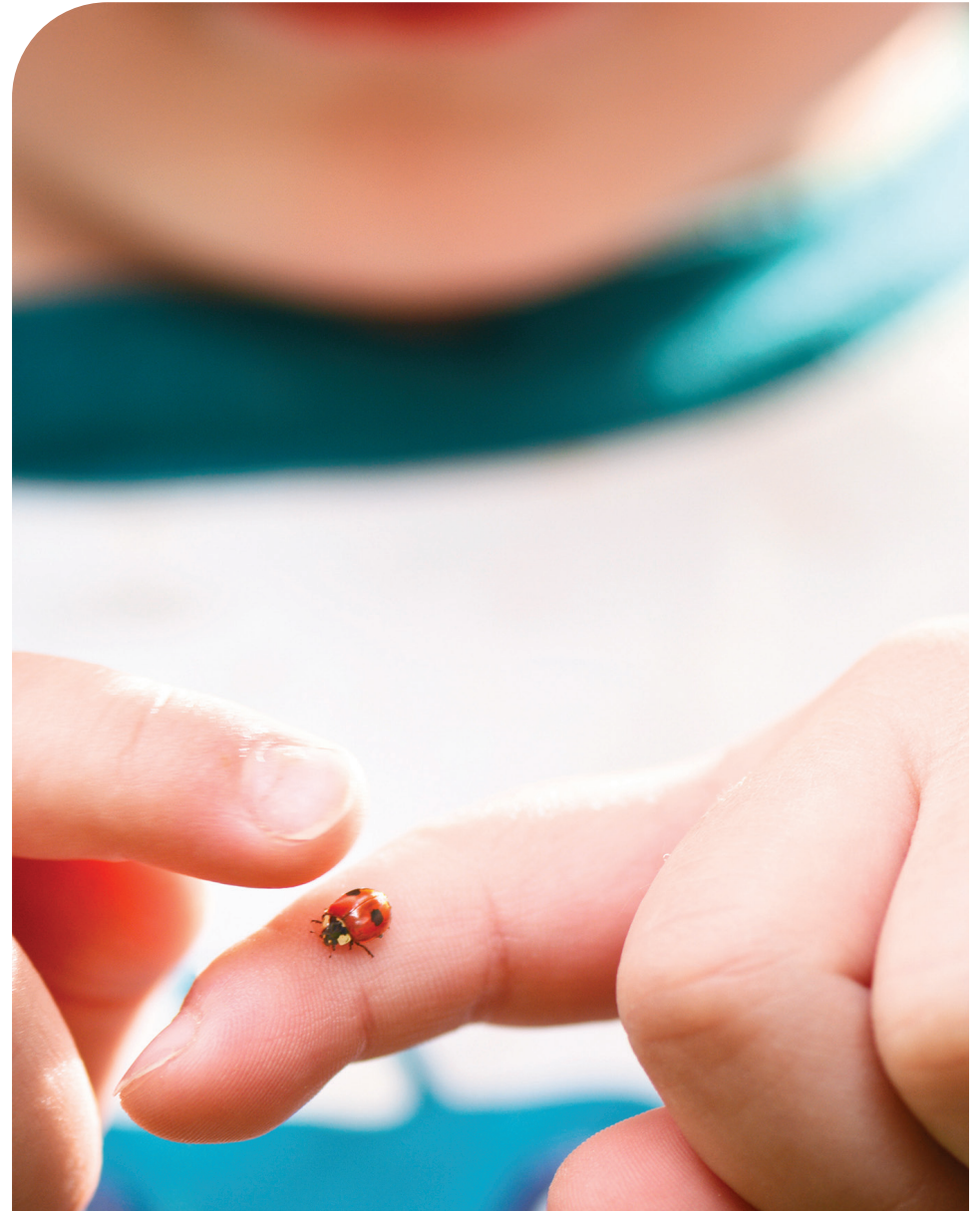
SONG TO SING

Twinkle, Twinkle, Little Star

Twinkle, twinkle, little star
How I wonder what you are.

Up above the world so high,
Like a diamond in the sky,

Twinkle, twinkle, little star
How I wonder what you are.



October

Website to explore: pbs.org/parents

Find trusted tips and tools for raising curious, confident kids. Explore child development, early learning, and educational games inspired by PBS KIDS programs.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Draw a picture of the moon ☐	Ask: Who jumped over the moon? ☐	Read a book about your child's favorite animal ☐	Read a book about recycling ☐	Blow bubbles. How long before one pops? ☐	Shine a flashlight on objects. What do their shadows look like? ☐	Predict what will float in the tub water and what will sink ☐
Make a ramp and race two cars. Which is faster? ☐	Will a magnet pick up a paperclip? A pencil? A penny? ☐	Recycle ☐	Take a walk and look for trash on the ground to throw away ☐	How does the ground feel? How does the couch feel? ☐	Close your eyes. What sounds do you hear? ☐	Close your eyes. What do you smell? ☐
What tastes sour? Salty? Sweet? ☐	Read a book about seeds ☐	Ask: How do you take care of a dog? ☐	Ask: Where do fish live? Birds? ☐	Count the number of seeds in an apple ☐	Ask: Why does a squirrel collect acorns? ☐	Place paper over a leaf and rub with a crayon ☐
Read a book about the weather ☐	Go cloud gazing ☐	Put dirt in a cup. What happens when you add water? ☐	Ask: What is the weather like today? ☐	Gather 10 rocks. How are they similar/different? ☐	How many stars can you count? ☐	What shape is the moon? ☐
Make something out of recycled materials ☐	See how many green things you can find ☐	Go on a nature scavenger hunt ☐	Move like different animals—hop like a rabbit, slither like a snake ☐	Play "I Spy" outside ☐	Let your child help you rake leaves ☐	Make a spider web on the floor with yarn or string ☐



Need extra support for your child's health?

Children's Special Health Care Services helps families of children with chronic health conditions or disabilities. Call (810) 987-6102 for information.

Living in a Community

Children learn about themselves and the world around them through family, friends, and everyday experiences. Understanding how people live, work, and help one another builds a sense of belonging.

Children develop social awareness when they are encouraged to learn about:

- Themselves and what makes them unique
- Their family, traditions, and culture
- Holidays, celebrations, and community events
- People and events from the past and present
- Rules and why they are important
- Different jobs and how people help the community
- How money is used to buy goods and services
- Caring for their home, their surroundings, and the environment
- Showing kindness, helping others, and being a responsible community member



BOOKS TO READ

- *I Lost My Tooth in Africa* by Penda Diakite
- *My Name is Yoon* by Helen Recorvitz
- *Tar Beach* by Faith Ringgold
- *Abuela* by Arthur Dorros

SONG TO SING

The Wheels on the Bus

The wheels on the bus go round and round,
Round and round, round and round
The wheels on the bus go round and round,
All through the town.

The wipers on the bus go swish, swish,
swish...
The driver on the bus says, "move on back"...
The people on the bus go up and down...
The babies on the bus go "wah, wah, wah"...
The parents on the bus say, "I love you"...



November

Website to explore:

GreatStarttoQuality.org

Great Start to Quality makes your search for childcare, preschool, and school-age programs easier.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Set up a play store 	Read a book about people who work in your community 	Ask: What do you want to be when you grow up? 	Ask: What does a teacher do? 	Ask: What does a hairdresser or barber do? 	Visit a beauty or barber shop 	Ask: What is your favorite store to visit? 
Set up a play library. Check out books 	Draw a picture of your family 	Make a family photo collage 	Ask: What color are your eyes? What about other people? 	Look at a map 	Ask: What color is your skin? What about other people? 	Read a book about a different culture 
Pretend you are a photographer. Take "pictures" of things 	Read a book about holidays or celebrations 	Ask: How do you celebrate your birthday? 	Ask: What places have you visited with your family? 	Ask: Have you ever ridden on a plane, a train, or a boat? 	Get the mail from the mailbox 	Ask: Do you know someone who lives in a different city? 
Play dress up 	Ask: Where do eggs come from? 	Ask: Where do you get your food? 	Visit the grocery store 	Ask: What does the grocer do? 	Read a book about a farm 	Donate food to someone in need 
Visit a local senior center 	Look at a family album 	Talk about ways to be a good friend 	Invite a friend over to play 	Read a book about friends 	Draw a picture of a friend 	Make a meal or snack together 



Free books for children ages 0–5!

Every child in St. Clair County can receive one book per month—delivered right to your home—through Dolly Parton’s Imagination Library. Register at: [ImaginationLibrary.org](https://www.imaginationlibrary.org).





Technology & How We Live



Technology is part of everyday life. From phones and computers to cameras and smart devices, children are surrounded by technology. With guidance and support, children can learn to use technology safely, responsibly, and as a tool for learning.

Children develop healthy technology skills when they're encouraged to:

- Explore technology with a trusted adult
- Follow simple directions while using technology
- Learn the names and purposes of technology tools like a mouse, keyboard, and screen
- Use technology to learn, create, and discover
- Take turns and share technology with others
- Follow family rules for technology use
- Handle devices, tools, and equipment gently
- Balance screen time with active play and other activities
- Ask for help when they need it
- Practice being safe and kind online

BOOKS TO READ

- *Knuffle Bunny: A Cautionary Tale* by Mo Williams
- *Click, Clack, Moo—Cows That Type* by Doreen Cronin
- *A Good Day* by Kevin Henkes
- *Flotsam* by David Wiesner

SONG TO SING

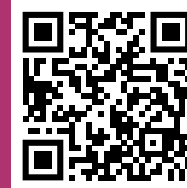
Hickory, Dickory, Dock
Hickory, Dickory Dock
The mouse ran up the clock.
The clock struck one.
The mouse ran down.
Hickory, Dickory Dock.

December

Website to explore:

CommonSenseMedia.org

This site offers advice to help families make smart choices about TV, games, apps, and more, so media can support learning.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Read a book about musical instruments ☐	Check out a book or CD at the library ☐	Read an outdoor thermometer ☐	Use simple household tools such as scissors, a stapler, pliers ☐	Practice turning a computer on and off ☐	Visit the Internet together ☐	Explore a computer ☐
Record yourself ☐	Make a playlist of children's songs ☐	Use the computer at the library ☐	Listen to an audio book ☐	Find red things around your house ☐	Identify numbers on a microwave ☐	Look at how a bicycle is made ☐
Listen to music with headphones ☐	Talk on the telephone ☐	Cut paper snowflakes ☐	Wind a watch ☐	Look closely at a musical instrument ☐	Read a book about buildings ☐	Find something green ☐
Sing a song in a robot voice ☐	Make a sand timer ☐	Listen to a clock tick ☐	Make a sock puppet ☐	Make "music" with kitchen instruments ☐	Identify numbers on a cell phone ☐	Identify letters and numbers on a computer keyboard ☐
Take a picture with a camera ☐	Put stickers on the left mouse button ☐	Practice using a computer mouse ☐	Make a homemade gift for a loved one ☐	Talk about what it means to be a good friend ☐	Draw a snowman together ☐	Go outside and talk about what winter looks like ☐



Protect your child from lead exposure

Lead can be found in paint, dust, soil, and even drinking water. To learn how to reduce risks, and keep your family safe, contact the St. Clair County Health Department at (810) 987-5300.

This calendar is brought to you by your early childhood partners:



Help Me Grow[®]
St. Clair County



and



St. Clair County

RESA

REGIONAL EDUCATIONAL SERVICE AGENCY

499 Range Road, PO Box 1500 • Marysville, MI 48040

(810) 364-8990 • www.sccresa.org

The St. Clair County Regional Educational Service Agency is one of 56 intermediate school districts in Michigan. RESA provides unique, cost-effective support services to the county's seven K-12 public school districts. RESA's vision is "Educational Excellence for All."

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