

	Health & Physical Development (Infant Example)	Math & Science (Toddler Example)	Social Emotional Learning (PreK example)	Literacy (Elementary Example)	Approaches to Parenting
<b>FACT (Monday)</b>	<b>FACT:</b> When you can read your baby's cues, you're better able to soothe and comfort them. Watch and listen closely to your baby to learn what they need.	<b>FACT:</b> Using words like "none," "some," and "all" during routines helps your toddler understand quantity. Quantity is an important math and science skill.	<b>FACT:</b> Children are excited to learn all about themselves. The more they learn, the more self-esteem and confidence they have to thrive in school.	<b>FACT:</b> When kids share details from stories, they build literacy skills. Sharing details helps kids understand stories. It makes them better storytellers, too!	<b>FACT:</b> You do so much to take care of your child. Make sure you also take time to care for yourself. After all, rest and relaxation power your parenting!
<b>TIP (Wednesday)</b>	<b>TIP:</b> Watch closely when your baby cries. What are they doing with their body? Are they rubbing their eyes or ears? Are they looking away? They might be sleepy.	<b>TIP:</b> During bath time, build your toddler's sense of quantity. Ask them to show you no fingers, all fingers, and some fingers. Get them soapy to make it fun!	<b>TIP:</b> In the morning, look in the mirror together and take turns naming your child's qualities: You have brown eyes, you are kind, you are smart, you are fast.	<b>TIP:</b> After a story, ask about the details: "Who was in this story? A mouse! Where was the mouse? What happened after the mouse ate the cookie? Then what?"	<b>TIP:</b> At some point today, spend a moment just sitting. As you do, breathe deeply and think about one thing you're looking forward to doing this week or month.
<b>GROWTH (Friday)</b>	<b>GROWTH:</b> Keep reading your baby's cues. When they arch their back, it may be discomfort. Try holding them in a different position and check for a wet diaper.	<b>GROWTH:</b> Keep talking about quantity. Expand the game to explore measurement. Can your toddler show their shortest finger? How about their tallest finger?	<b>GROWTH:</b> Keep helping your child learn about themselves! As you look in the mirror, share things about your family like where you live and traditions you share.	<b>GROWTH:</b> Keep asking about details in stories! Now ask WHY and HOW questions about the story you read. Try "WHY did the bear hide? HOW did he feel?"	<b>GROWTH:</b> Keep caring for yourself. As you brush your teeth, think of three parenting moments that you feel proud of. Think of big moments and little ones, too.