


2012 APRIL Month of the Young Child®

Focus Weeks

	S	M	T	W	T	F	S	
Week One April 1-7 Physical Development	1 Follow Safe Sleep practices. www.firstcandle.org www.tomorrowschildmi.org	2 Make sure your child's immunizations are up-to-date. www.cdc.gov/vaccines	3 Bend and stretch and reach for the sky; exercise with your child!	4 Well-balanced meals support growth and development. www.fns.usda.gov/tn/	5 Learn how to install your child's car seat and about childhood injury prevention. www.michigansafekids.org	6 Make sure your child gets adequate sleep. Deep sleep helps with long-term memory.	7 Encourage play doh, water and sand play. Using fingers and hands develops small muscles and stimulates the brain.	
Week Two April 8-14 Social-Emotional Development	8 Be a positive role model; teach your child how to be caring.	9 Teach your child stress-relaxation strategies such as deep-breathing and exercising.	10 Encourage your child to express feelings verbally, and in drawing and writing.	11 Recognize and show appreciation for your child's efforts and accomplishments.	12 Honor your child's choices whenever possible. Set reasonable limits.	13 Use positive strategies to guide your child's behavior.	14 Encourage movement, exploration, curiosity and independence.	
Week Three April 15-21 Cognitive Development	15 Encourage children, over age 2, to drink water. The brain needs to be properly hydrated to be alert.	16 Engage your child in problem-solving. Problem-solving provides opportunities for new learning.	17 Encourage your child to look for visual patterns - in nature, in books, in art - they're everywhere!	18 Infants and toddlers love books - sturdy, washable books with simple, uncluttered pictures.	19 Foster an awareness of print. Point out letters and words, and read signs aloud.	20 Encourage your child to draw and write by providing a variety of tools and materials.	21 Laugh! Laughing reduces stress and boosts the production of chemicals needed for alertness and memory.	
Week Four April 22-30 Language and Literacy	22 Read aloud to your child every day. It is essential for language development and for preparing your child to succeed as a reader.	23 Repeat the sounds your infant makes to acknowledge, support and encourage continued vocalizations.	24 Talk as you do simple, everyday things so your child becomes familiar with the sounds and rhythm of language.	25 Sing, sing, sing! Use music to share information, to expand vocabulary, to have fun!	26 Use words to describe what your child is doing so actions are connected to words. "You're brushing your teeth."	27 Expand vocabulary by creating new verses for fingerplays and songs.	28 Talk, sing and play, every day! www.bornlearning.org	
	29 Spending time outdoors encourages exploration and language.	30 Smile, laugh, hug - let your child know how much you care!	 MICHIGAN ASSOCIATION FOR THE Education of Young Children		Learn about local and state Month of the Young Child® activities and events. Visit www.MiAIEYC.org (800) 336-6424 (517) 351-4183			