



January 2009

Promoting Healthy Social and Emotional Development Throughout Merced County

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Talk about what to do when someone makes fun of your child at school!	2 Tell your child "I love you because you are you!"	3 Talk about how being different makes us special.
4 Ask your child how he/she feels today!	5 Talk about emotions with children today!	6 Talk about manners.	7 Talk about what to do when your child gets angry.	8 Do an art activity with your child today!	9 Sing your child's favorite song today!	10 Read a book to your child today!
11 Help your child make up a song.	12 Play dress up with your children today!	13 Let your child tell you a story today!	14 Talk about why "hands are not for hitting."	15 Practice sharing with your child today!	16 Talk about name calling (it hurts people's feeling).	17 Talk about what to do when someone calls your child a bad name.
18 Go over house rules with your child today!	19 Practice giving compliments today!	20 Practice taking turns today!	21 Practice following directions today!	22 Talk about good and bad choices today!	23 Let your child read you his/her favorite book today!	24 Go for a walk today with your children!
25 Let your child help you prepare a snack today!	26 Talk about what makes us scared!	27 Play outside with your child today!	28 Tell your children how much you love them.	29 Play hide and seek with your children today!	30 Help your child make up a song.	31 Dance with your child today.

