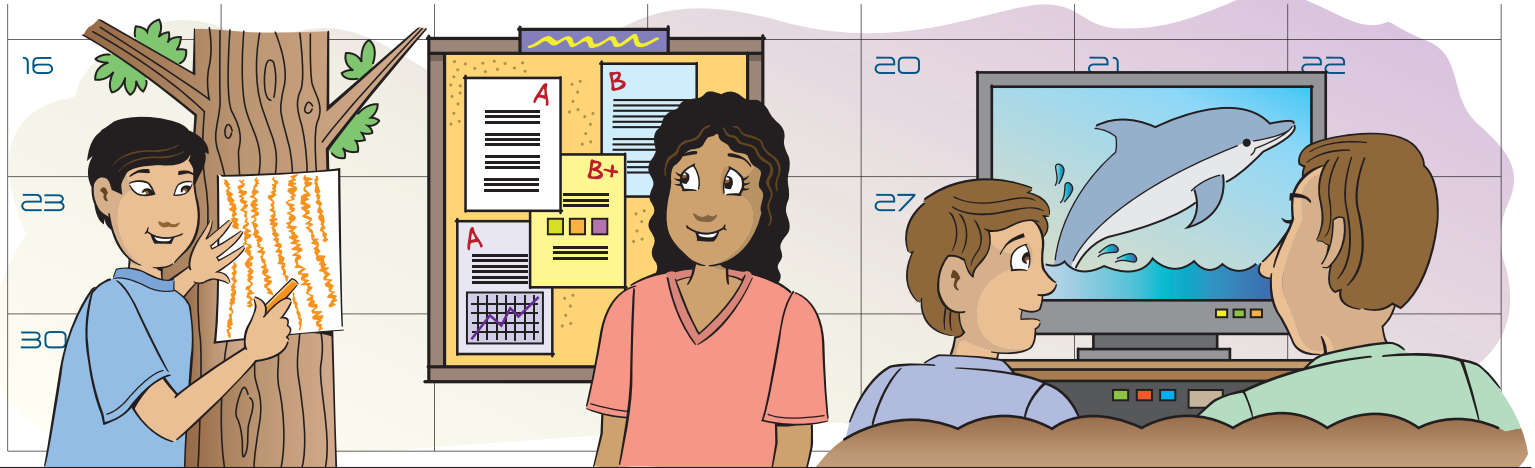


# Parent & Child Activity Calendar

## Elementary School

St. James-Assiniboia School Division #2



THE PARENT INSTITUTE®

### Parent & Child Activity Calendar

Elementary School  
**Parents**  
make the difference!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>September 2016</b>				<b>1</b> Talk with your child about your family's fall routine. Plan to eat at least one meal a day together.	<b>2</b> Think of a meaningful quotation you love. Post it where your child will see it.	<b>3</b> September is Library Card Month. Make sure everyone in your family has a library card.
<b>4</b> A calendar is important for organization. Buy or make one with your child. Use stickers for important dates.	<b>5</b> Think about the rules you have for your child. Are they appropriate for his age?	<b>6</b> Ask your child to guess how many times she blinks in a minute. Then check!	<b>7</b> When your child asks a question you can't answer, write it down. Keep a list of questions to look up later.	<b>8</b> When your child is unsuccessful, try asking, "How would you do it differently next time?"	<b>9</b> Write a note of encouragement and tuck it in your child's lunch box or in a school book.	<b>10</b> Turn chores into a game. Assign each chore a number and have your child roll a die to see which one he gets.
<b>11</b> Tonight, talk with your child about the week ahead. Plan to do this every Sunday night.	<b>12</b> A nutritious breakfast helps kids learn. Start the day with a healthy breakfast at home or at school.	<b>13</b> Challenge family members to write, eat or do other activities with the hand they don't favor.	<b>14</b> Make sure you and your child know school rules. Talk about one school rule tonight.	<b>15</b> At dinner, have each family member say something nice about every person at the table.	<b>16</b> What foods make your child think of autumn? Apples, pumpkins? Choose one and prepare a snack together.	<b>17</b> Keep the TV turned off today. Let your child choose some alternate activities.
<b>18</b> Today, have your child keep track of everything she eats. What one change would make her diet more nutritious?	<b>19</b> Help your child find his best time to do homework. Some kids do best right after school; others do best at night.	<b>20</b> Tonight at dinner, put a "price" on each item you serve. Have your child figure out the total cost of the meal.	<b>21</b> Talk about fire safety today. What should your child do in case of a fire? Teach her an escape route from her room.	<b>22</b> When your child has a problem, give him two possible solutions and let him decide which one to choose.	<b>23</b> Keep a notebook handy when watching TV. Have your child jot down five new words. Look them up later.	<b>24</b> Visit the library today. Sit in a cozy chair and read a few books together.
<b>25</b> Put fall items such as leaves or acorns in a jar. Ask your child to guess how many there are. Then count them.	<b>26</b> Have your child set a weekly goal. Write it down. Could you do this, too?	<b>27</b> Play math "Jeopardy." Give a number. Who can come up with an equation for which it is the answer?	<b>28</b> Praise your child for something she did today. Make your praise as specific as possible.	<b>29</b> Try to find a county fair or autumn festival nearby. Plan a trip.	<b>30</b> Talk to your child about people he admires. Ask him why he admires them.	