

Everyday and Everyway November

In November, the days get shorter and children may notice the moon for the first time. The weather starts to turn colder and you might see the first snowfall of the year. Remembrance Day is November's holiday, and your older preschooler may ask what it is all about.

Try these activities, songs, books, and crafts to help your child learn. Speak, sing, and talk about books with your child in your own language.



Activities

Moon

It gets dark a lot earlier now. The moon is easier to see.

- Talk about the colour and shape of the moon.
Is it white, red, full, or crescent?
- Talk about how the moon comes out when it's night and the sun comes out when it's day.

Stars

- Play a game to see who will be the first to see a star at night.
- Watch the sky with your child and look for falling stars.
- Cut out paper stars and let your child decorate them.
- Glue a stick on the back of the star to make a star puppet.
- Sing **Twinkle, twinkle, little star**.
- Decorate your child's room with glow-in-the-dark stars. Turn the lights out and look at them together.

Remembrance Day

On November 11th, we remember people who fought for peace. Young children may not understand these concepts.

- Talk about the poppy you buy and why you wear it.
- Visit your local memorial monument or museum.
- Read a book about peace like – **Can you say peace?** by Karen Katz.

Daily routines

The activities you do everyday are great times to learn language. Try these ideas to make language learning part of the everyday things you do.

Getting dressed

- Say the names of clothes – *pajamas, socks, underwear, pants, shirt, sweater, sweatshirt, tights, hats*, and so on.

- Talk about the weather and what they should wear.
- Talk about...
 - patterns – stripes, polka dots, or pictures.
 - parts – sleeves, pockets, zippers, or buttons.
 - how they fit – small, big, short, long, or just right.

Mealtime

- Talk about what you are doing as you get ready to eat.
- Talk about what you are eating.
- Talk about what you will do to clean up
- Say the words many times - slowly and loudly. For example, if you are feeding your baby you could say, "Here comes carrots!", "Yes, yummy carrots!", "More carrots?", "Yummy carrots!" "Carrots all gone!"
- Have your children help in the kitchen.



Songs and rhymes

Want to learn more songs and rhymes? Look for a parent-child music class in your area.

You can make up new words to familiar songs to sing about all the things you are doing with your child. Here are some ideas to try:

We are walking

(sung to the tune of Are you sleeping?)

We are walking,
We are walking.
Up the stairs,
Up the stairs.
One at a time,
One at a time.
To the top,
To the top.

To learn more about reducing children's recreational and sedentary screen time visit

www.healthykidsptbo.ca