December 2022

1. Cut four shapes from various colors of paper. Make at least two of each shape. Have your child match them.

2. Many people celebrate holidays in December. What holidays can your child name? Talk about why they are special.

3. Hide a toy in a box. Let your child shake the box and guess what’s in it.

4. Read a story to your child and use a different voice for each character.

5. Put out two groups of small toys. Ask your child to tell you which group has more toys in it. Then count the toys together.

6. Make sure your child knows your family’s street address. Look at the house or building number together.

7. Make a simple bird feeder. Help your child spread peanut butter on a cardboard tube and roll it in birdseed. Hang it outside.

8. Write a number on a piece of paper. Have your child use play dough or clay to mold the shape of the number.

9. Talk about healthy food choices. Let your child pick a new fruit to try.

10. Let your child help prepare dinner, by tearing lettuce, for example.


13. With your child, pretend to be snowflakes in the sky.


15. Show your love for your child with a hug.

16. Let your child paint on paper with sponges. Use the finished design to wrap a gift for a loved one.

17. Stretch a rope on the ground. Show your child how to jump over it from side to side.

18. Ask your child to name some animals with stripes and some with spots.

19. With your child, wear different hats all day. Pretend to be someone new each time you change hats.

20. Create an obstacle course. Your child can go around a chair, under a table or through a large box opened on both ends.

21. Together, bake a batch of cookies to share with neighbors and friends.

22. Have a counting day. Count stairs as you climb them, cars as they pass, stars as you spot them.

23. Ask what colors come to mind when your child thinks about December. Why those colors? Can your child think of some others?

24. Spend a half hour reading together today. Let your child pick the book you will read.

25. Go for a winter walk. Listen carefully with your child for winter sounds. How are they different from summer sounds?

26. Stretch a rope on the ground. Show your child how to jump over it from side to side.

27. With your child, go around a chair, under a table or through a large box opened on both ends.

28. Let your child make a collage out of gift wrap or holiday cards.

29. Help your child practice greeting people politely and saying hello.

30. Ask your child to name some animals with stripes and some with spots.

31. Together, bake a batch of cookies to share with neighbors and friends.

32. Help your child make a necklace by stringing different shapes of pasta in a pattern.

33. Talk with your child about the best things that you each remember about the past year.
January 2023

1. This is the first day of the year. Explain to your child the meaning of first. Give examples: Breakfast is the first meal of the day.
2. Help your child set a goal and create a plan to achieve it this year.
3. Ask your child to think about things people do in the snow. Examples: build a snowman, wear boots and mittens, go sledding.
4. Describe a noise and ask your child to tell you if it’s loud or soft.
5. Make music with your child using pots, pans and kitchen utensils.
6. Wash hands with your child before each meal. Talk about the importance of frequent hand washing.
7. Talk with your child about time. Explain there is a time to get up, a time for lunch, a time for bed.
8. Write a letter of the alphabet. Think of things that begin with that letter and have your child draw some of them.
9. What is your child’s favorite winter activity? Plan to do it together.
10. Play the “opposites” game. Say a word and see if your child can tell you its opposite.
11. Model a healthy habit for your child today.
13. Put a small pile of coins on the table. Name each type, and have your child sort them.
14. Let your child draw on paper towels with washable markers. Spray the motions to describe a word for your child to guess.
15. Teach your child to make paper snowflakes. Use some to decorate your windows.
16. Play a game of charades with your child. Use hand gestures and motions to describe a word for your child to guess.

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17. Help your child make a noisemaker. Put dried beans in an aluminum pan and staple another pan on top. Shake it in different rhythms.
18. Let your child see you keep your temper when you are upset. Instead of yelling, calmly talk about how you feel.
19. Give your child an ice cube to hold. Explain that ice is a form of water.
20. Teach your child to make paper snowflakes. Use some to decorate your windows.
21. Look at the stars tonight. Can your child find the Big Dipper?
22. Set aside some time to spend one-on-one with your child today.
23. Bounce a ball to help your child practice counting. Bounce once and say “one.” Bounce twice and say “one, two.”
24. Cut out shapes from paper (triangle, rectangle, square, circle). Have your child arrange them to form a boat or a house.
25. Gather some water-safe objects. Ask which your child thinks will float or sink in water. Supervise while your child tests to see.
26. Cut your preschooler’s favorite sandwich into a puzzle. Have your child cut the pieces together before eating it.
27. Use sock puppets to have a conversation with your child.
28. Ask your child to draw a picture, then make up a story about it and tell it to you.
30. Talk with your child about how animals survive the cold winter months. What do bears do? How about birds?
31. Trace your child’s shoe onto a sheet of paper. Then have your child use crayons or markers to turn it into a picture.

February 2023

1. Ask your child, “What is your first name? What is your last name?” Talk about people it is safe to give this information to.
2. Start a “chain of hearts.” Cut out small hearts. Each day, write a reason you love your child on one and attach it to the chain.
3. Stand facing your child. Have your preschooler pretend to be a mirror and imitate all your movements. Trade places.
4. Have an indoor picnic. Spread a blanket on the floor and play music. Let your child help choose the menu.
5. Encourage your child to use adjectives. Say, “Fire is . . .” Supply the word hot if needed.
6. Help your child do something nice for someone else today.
7. Pretend together that you and your child are taking a trip. Where will you go? How will you get there? What will you bring?
8. Discuss the differences between night and day. Have your child draw a picture of the night and a picture of the day.
9. Cook along with a book! For example, read Goldilocks and the Three Bears, then make a bowl of porridge.
10. Tap out a simple rhythm with a spoon on the table. See if your child can copy it.
11. Have your child pick a letter. Cut out lots of different uppercase and lowercase versions of the letter and have your child make a collage.
12. Set up a well-lit corner with pillows and favorite books. Encourage your child to get cozy with books.
13. After bedtime, leave a valentine where your child will see it first thing tomorrow morning.
14. Play a game of hide and seek with your child.

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15. Set out different sizes of pots and pans. Ask your child to put the lids on the matching pots and pans.
16. Explain that even when things don’t turn out right, people can learn and do better next time.
17. Ask for your child’s opinion about a choice you are making. Should you wear short sleeves or long? 
18. Read a story together. Later ask your child to retell it from memory.
19. Play musical water glasses. Fill glasses with different levels of water and let your child tap on them with a metal spoon.
20. Ask your child to help with a household chore. Say “Thank you for helping the family.”
21. Spring begins next month. Talk with your child about changes you might see.
22. “I’d love to!” Use these words when your child asks you to play, read or do a puzzle together.
23. Explain to your child that reusing and recycling things helps our Earth.
24. Talk with your child about how it feels to apologize when you’ve done something wrong.
25. How many foods can your child think of that are orange? Green? 
26. Set aside time today to work on a hobby with your child.
27. Watch a children’s movie as a family. Talk about the characters and the choices they make. Would your child make the same ones? 
28. Have a pattern day. Ask your child to notice patterns all around, such as a striped shirt or a flowered sheet.