Using the calendar as a learning tool

Each day, look at the calendar with your child. Talk about the month and day, use the name of the day in your conversation throughout the day.

Tell your child the number of the day as part of the date, but do not push your child to _know_ this yet.

Talking about the month and day of the week helps your child start to build structure into the way he or she thinks about time.

Examples:

- "Today is Monday. This is the day we go to Library Time or the park each week."
- "Today is Monday. The date is June 8th (show number on calendar)."
- "Today is Saturday, June 13th. Today is Grandma's birthday."

Something this simple, when it becomes part of your morning routine, will help your child understand that there is an easy way to organize our lives. It also helps a child know that you have everything under control for today and you will give her/him the information that they need to have a good day.

Let your child pick out a calendar or print some calendar pages from your computer. Make this your child's calendar. You can write special days on the calendar _IF_ they affect your child and will not cause your child anxiety. Do not add more than one or two things for each week.

Things to add to your child's calendar: play dates, birthdays, family visits, weekly trip to the library, etc.

With a small group of children: (10 minutes)

Each day, look at the calendar with your group. Talk about the month and day, use the name of the day in your conversation throughout the day. _Tell_ your group the number of the day as part of the date, but do not push children to _know_ this yet.

Talking about the month and day of the week helps children start to build structure into the way they think about time.

Examples:

- "Today is Monday. This is the day we learn our new game for the week."
- "Today is Monday. The date is May __."(show number on calendar).
- "Today is Tuesday, May 5th".
- "Today is Steve's birthday."

Something this simple, when it becomes part of your morning routine, will help children understand that there is an easy way to organize our lives. It also helps children know that you have everything under control for today and you will give them the information that they need to have a good day.

You can write special days on the calendar _IF_ they affect the children and will not cause them anxiety. Do not add more than 1 or 2 things for each week. Make this the children's calendar.