



# FEBRUARY 2021

For more fun visit [www.better-beginnings.com.au](http://www.better-beginnings.com.au)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>28 STEM</b> What items do you have that are glass? What do you use that is made from plastic?	<b>Better Beginnings at Home</b> Like and follow Better Beginnings on Facebook for more ideas based on the activities suggested in this calendar.		<i>Books, rhymes, and songs mentioned here are suggestions only. Substitute any titles you can't find or songs you don't know with books, rhymes, and songs that you already love.</i>			
	<b>1 Read</b> Chewing, shaking, and tearing are ways that babies naturally explore books. It's the very start of learning to read!	<b>2 Talk</b> Respond to your baby's babbles. This helps your baby to learn how conversation works.	<b>3 Sing</b> Say the rhyme "Five Fat Peas" together.	<b>4 Write</b> Play with squeazy toys in the bath today. This is a fun way to help little hands get ready to write.	<b>5 Play</b> Pretend to be a cat! Try being a friendly cat and a fierce lion.	<b>6 Read</b> It's Story Saturday! Read <i>Green Lizards and Red Rectangles and the Blue Ball</i> by Steve Antony.
<b>7 STEM</b> Read <i>What Does an Engineer Do?</i> by Robin Johnson.	<b>8 Read</b> Help children to notice the text as you read picture books together.	<b>9 Talk</b> Talk about the books and songs you share with your child.	<b>10 Sing</b> Sing "Row, Row, Row Your Boat".	<b>11 Write</b> Use tweezers or tongs to transfer objects.	<b>12 Play</b> Hide a toy and give your child simple clues to help them find it.	<b>13 Read</b> It's Story Saturday! Read <i>This is the Bear</i> by Sarah Hayes.
<b>14 STEM</b> What is your house built of? What makes that material a good choice for building? What else could the builders have used?	<b>15 Read</b> Read a non-fiction book to your child. Non-fiction books don't need to be read from front to back – choose the parts that are most of interest!	<b>16 Talk</b> Instead of asking your kindy or school child "How was your day?", ask them, "Did you read a book or draw a picture?"	<b>17 Sing</b> Singing helps children concentrate, develop listening and speech skills, retain information, and build their imaginations.	<b>18 Write</b> Point out squares today! Recognising shapes helps children get ready to recognise letters.	<b>19 Play</b> Are there words on any of your child's toys? Read them aloud to your child when they are playing with them.	<b>20 Read</b> It's Story Saturday! Read <i>Things That Go</i> by Ruth A. Musgrove.
<b>21 STEM</b> *Look for apps for your child that encourage open ended play and creativity.	<b>22 Read</b> Using a big voice when reading about something big can help babies and toddlers learn about size.	<b>23 Talk</b> Children understand words long before they can say them. Talk together often!	<b>24 Sing</b> Sing and do the actions to "The Grand Old Duke of York".	<b>25 Write</b> Water play using sponges, spray bottles and pouring cups can build hand strength.	<b>26 Play</b> Have fun playing with a jigsaw puzzle. For simple puzzles, count the pieces.	<b>27 Read</b> It's Story Saturday! Read <i>At the Dog Park</i> by Moira Court.

\*In Australia, the current recommendation is for no more than 2 hours of screen time per day for children, with screen time not recommended for children under 2 years.