



# October 2021

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>31 Grandparent's Day</b> Read <i>What Do You Call Your Grandma?</i> By Ashleigh Barton.	<b>Better Beginnings at Home</b> Like and follow Better Beginnings on Facebook and Instagram 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 Play</b> Hide a toy and give your child clues on where to find it. Use words like under, over, behind.	<b>2 Read</b> Story Saturday! Read <i>Edward the Emu</i> by Sheena Knowles.
<b>3 STEM</b> Read <i>I am a Bird</i> by Isabel Otter. Factual books introduce children to new words as well as facts.	<b>4 Read</b> World Space Week starts today! Read <i>Papa, Please Get the Moon for Me</i> by Eric Carle.	<b>5 Talk</b> It's not just how much you say, but also what you say and how you say it that will help your child's vocabulary to grow.	<b>6 Sing</b> It's Sing-along Wednesday! Sing "Johnny Taps with One Hammer".	<b>7 Write</b> Draw a face together today and name all the features.	<b>8 Play</b> Read "I Can Play with Anything!" by Susann Hoffmann. Now play with anything!	<b>9 Read</b> Story Saturday! Read <i>My Mum is Magnificent</i> by Roald Dahl.
<b>10 STEM</b> Read <i>Fruit</i> by Camilla Lloyd. How many of the fruits in the book have you tasted?	<b>11 Read</b> When you read a book with a new or difficult word, explain, don't substitute!	<b>12 Talk</b> Your child needs to hear a word many times before they start to say the word themselves.	<b>13 Sing</b> It's Sing-along Wednesday! Sing "The Hokey Pokey".	<b>14 Write</b> Have your child draw a picture and then tell you about it.	<b>15 Play</b> Play with shape jigsaw puzzles. Learning shapes will later help children to recognise letters.	<b>16 Read</b> Story Saturday! Read <i>Who's Driving?</i> by Leo Timmers.
<b>17 STEM</b> It's STEM Sunday! Read <i>Rosa's Big Sunflower Experiment</i> by Jessica Spanyol.	<b>18 Read</b> <i>Solomon Crocodile</i> by Catherine Rayner is a fun picture book with lots of interesting words.	<b>19 Talk</b> When talking to your child, remember "OWL". OBSERVE expressions, WAIT for their response and LISTEN to your child.	<b>20 Sing</b> Sing "The Wheels on the Bus". Talk about the parts of a bus, inside and out.	<b>21 Write</b> Cut out a large letter S and turn it into a snake! What noise does a snake make?	<b>22 Play</b> Make a sensory mat for your baby. Attach fabrics with interesting textures for your baby to explore.	<b>23 Read</b> Story Saturday! Read a book that has at least one word that is new to your child.
<b>24 STEM</b> It's STEM Sunday! Read <i>Backyard Bugs</i> by Helen Milroy.	<b>25 Read</b> When you read a favourite picture book, think of new words to describe objects in the story.	<b>26 Talk</b> Give your very young talker the opportunity to name things, people, and places. For older children, encourage them to use interesting describing words.	<b>27 Sing</b> It's Sing-along Wednesday! Sing a lullaby like "Lavender's Blue".	<b>28 Write</b> Make a journal or diary of your family's activities. Record your child's recount of the day.	<b>29 Play</b> Act out "Goldilocks and the Three Bears". Any toys that you can find that are small, medium, and large sized can be the bears.	<b>30 Read</b> Story Saturday! Read <i>Find Out About Animal Babies</i> by Martin Jenkins.

\*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.