

Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

NATURE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Plant some seeds in the garden or a cup.</p> <p>Talk together about what a seed needs to grow (sun and water).</p> <p>Make signs for the seeds. Draw pictures of the planted seed.</p> <p>Put the signs in the garden by the seeds.</p>	<p>Have your child repeat this small tongue twister: "Wiggly worms will wiggle."</p> <p>Play with some gummy worms while saying the tongue twister. Say it as fast and slow as you can.</p> <p>Make up your own tongue twister by using words that begin with the same letter.</p>	<p>PICNIC DAY</p> <p>Have a picnic outside (or inside).</p> <p>Make a menu together. Have your child tell you what to put in the picnic basket.</p> <p>Take turns naming the items for your picnic together.</p> <p>Have your child put the items inside the picnic basket.</p>	<p>Spend time outside.</p> <p>Collect things from nature. Have your child make patterns with the items they collected.</p> <p>Take turns pointing and naming the items.</p> <p>Put the objects you collected in a special box or album.</p>	<p>TULIP FESTIVAL (Netherlands)</p> <p>Look at pictures of tulips or look at them in a garden. Name the different colours tulips can be.</p> <p>Make your own tulip using egg carton pieces and pipe cleaners.</p> <p>Use your favourite colours to decorate your tulip.</p>	<p>Ask your child to turn on the sink tap when washing your hands. Listen and together make the sound that water makes.</p>
					Sunday
					<p>Make some bird sounds together. Try as many different bird sounds as you can both think of.</p> <p>Try out other nature sounds.</p>



Key Words

Worm, Picnic, Water, Grow

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

CANADA DAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Draw a picture of the Canada flag.</p> <p>Have your child colour it and help them attach a straw to one end.</p> <p>Wave it around. Encourage your child to wave the flag high in the air or low to the ground.</p>	<p>RED & WHITE DAY</p> <p>Dress up in red and white. Drink red and white juice, eat red and white food.</p> <p>Bake a cake and sing “Happy Birthday” to Canada. How old do you think Canada is? Have your child try to guess.</p>	<p>Look at some Canadian money. Ask your child to group the ones that are the same. Talk about which ones are the same and which ones are different.</p> <p>Ask your child what they see on the money.</p> <p>Name the animals and pictures that you see together.</p>	<p>Using pots and pans, make music together. If it gets too noisy go outside to celebrate.</p> <p>Put on some music and have a parade (march around your house).</p>	<p>Blow up a balloon. Let the air out and encourage your child to blow the balloon up.</p> <p>Tie a knot in the balloon and hit it high in the air. Take turns hitting the balloon in the air.</p> <p>Count how long you can keep the balloon in the air.</p>	<p>Sing or hum the song “O Canada” together.</p> <p>Use a paper towel roll as a sound maker. Sing or hum through the paper towel roll.</p>
					Sunday
					<p>Read a book about Canada with your child.</p> <p>Go to the library if you don't have one at home.</p>

Key Words

Red, White, Canada, Birthday

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

TREES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Name the colours on the trees. Try naming a colour and having your child point to a tree with that colour.</p> <p>Look at the sizes of the trees and talk about which trees are big or small.</p> <p>Say: "Can you find a red tree? Let's try to find a big, red tree."</p>	<p>Rake up some leaves into a big pile.</p> <p>Jump into the pile together.</p> <p>Listen for the sound you make when you land.</p> <p>Tell your child to find the leaf on this page and to colour it.</p>	<p>Go to an orchard or grocery store.</p> <p>Pick some apples.</p> <p>Together, name the different colours that apples can be.</p> <p>Have a taste test with different apples.</p> <p>Talk about if they are sweet, sour, crunchy, etc.</p>	<p>Bake some pancakes together or use waffles.</p> <p>Put maple syrup on top. Talk about where maple syrup comes from.</p> <p>Say: "One kind of a tree is a maple tree. Do you think that maple syrup can come from a tree?"</p>	<p>Collect leaves from outside.</p> <p>Sort them into piles according to their colour.</p> <p>Say: "Where should the orange leaves go? Can we make a pile for the red leaves?"</p> <p>Do leaf rubbings by placing some paper over leaves and colouring over the paper with a crayon.</p>	<p>Help your child cut out pictures of trees.</p> <p>Have your child glue them and make a collage.</p>
					Sunday
					<p>Talk about animals that live in trees.</p> <p>Make the sounds together that these animals (birds) make.</p>

Key Words

Leaves, Pancake, Squirrel, Orange

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

WINTER TIME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Get dressed to go outside.</p> <p>Together name all the clothes you put on to keep you warm in the winter.</p> <p>Say, “What do we wear to keep our feet warm? - Boots”.</p> <p>Take one item of clothing away. Ask your child what is missing.</p>	<p>Go outside and play in the snow.</p> <p>Build people or animals in the snow. Talk about what you are building together. Use words like: “On”, “Under”, and “In”.</p> <p>Spray paint your snow people or animals using spray bottles with coloured water inside.</p>	<p>Try to catch snowflakes on your tongue by sticking out your tongue.</p> <p>Talk about how the snow feels.</p> <p>Using a black piece of paper, try to catch the snow and look at the patterns in each flake. Encourage your child to count the snowflakes.</p>	<p>Make a snowflake. Cut out a circle and help your child fold it 3 times.</p> <p>Help your child cut small pieces out of the sides.</p> <p>Ask him/her what shapes they are cutting out.</p> <p>Unfold it and hang it up.</p>	<p>Go tobogganing.</p> <p>Make a noise while going down the hill with your child.</p> <p>Ask your child what sound they heard when they went down the hill.</p> <p>Say, “Do you hear a ‘Whoosh’ sound when you go fast?”</p>	<p>Make some popcorn.</p> <p>Listen to the sound of it popping. Pretend to be a kernel and then POP!</p>
					Sunday
					<p>Make hot chocolate.</p> <p>Talk about how it feels when you drink it. “It feels warm in my tummy.”</p>



Key Words

Winter, Snowflake, POP

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

EMOTIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Sing “If You’re Happy and You Know It”.</p> <p>Pick different emotions and actions for the song and sing together.</p> <p>(“If you’re mad and you know it, say, ‘I’m angry’.”)</p>	<p>Make faces with your child.</p> <p>Make a mad face and have your child imitate you.</p> <p>Say: “This is a mad face. Can you make a mad face too?”</p> <p>Try this with happy, sad, scared, surprised, and any more that you can think of.</p>	<p>Read your favourite stories together.</p> <p>Name an emotion and have your child point to it on the pages of the book.</p> <p>Cut out faces from magazines and make a collage of different emotions that you see.</p>	<p>LAUGHING DAY</p> <p>Tell a funny joke, tickle your child, or just laugh together.</p> <p>Try laughing in front of a window and see how fogged up it will get.</p> <p>Watch T.V. and look for people who are laughing.</p>	<p>Draw faces on your child’s fingers with different emotions, have your child name each emotion.</p> <p>Draw faces on your own fingers and play finger puppets.</p> <p>Say: “I’m feeling scared today. What do you think I should do?” Go through the different emotions.</p>	<p>Stand in front of a mirror and have your child name an emotion. Make your faces match the emotion.</p>
					<p>Sunday</p> <p>Ask your child how they feel today and why. Talk about your feelings together. Be expressive, act out how you feel with actions.</p>

Key Words

Feelings, Angry, Surprised

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

ANIMALS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Name different animals using pictures from a book.</p> <p>Try to make the sounds those animals make together.</p> <p>Make them quietly, like a baby animal. Make them loudly, like a big animal.</p>	<p>Talk about where animals live.</p> <p>Try to visit some animal homes by taking a walk outside.</p> <p>Look for nests, lift up a rock and try to find a worm's home, find a mouse hole, and any other home.</p>	<p>Talk about what animals eat.</p> <p>Ask your child what food both people and animals eat.</p> <p>Say: "Can you think of a food that a bunny eats and so do we?" [Carrot]</p> <p>Try to eat some of the food.</p>	<p>Have your child tell you how different animals move (hop, fly, crawl).</p> <p>Try to move like those animals.</p> <p>Say: "How do you think a snake moves? Let's try to move like a snake."</p>	<p>Sing "Old MacDonald had a Farm", with your child.</p> <p>Have your child choose which animal they want to sing about.</p> <p>Find the animals on this page and colour them.</p>	<p>Using animal crackers, sort the different animals into piles. Talk about each animal.</p>
					<p>Sunday</p> <p>Read books together about animals.</p> <p>Have your child name the different animals and guess where they live.</p>



Key Words

Moo, Hopping, Farm, Home

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

HELPING AROUND THE HOUSE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Bake cookies together.</p> <p>Have your child add and mix ingredients.</p> <p>Help them name all the ingredients while they are adding them.</p> <p>Say: "Do you know what this white, powdery stuff is?" [Flour]</p>	<p>Have your child help you describe the weather.</p> <p>Say: "Do you think that it is sunny or cloudy out today? Hot or cold?"</p> <p>Draw pictures of the weather for each day.</p>	<p>When your child undresses, encourage them to take off socks, shoes, and other garments by themselves.</p> <p>Have your child name each item of clothing, dump dirty clothes in the hamper, and hang the clean clothes up.</p>	<p>At mealtime, have your child serve him/herself.</p> <p>Talk about how the food tastes, and ask them what it feels like in their mouth.</p> <p>Name what foods you are eating.</p> <p>Ask them if it is sweet or sour.</p>	<p>Vacuum or sweep a room together.</p> <p>Have your child plug in the vacuum cleaner and listen for the 'roar'. Or when sweeping listen for the "Whoosh" sound.</p> <p>Have them colour the vacuum on this page the same colour as your vacuum.</p>	<p>Phone someone who is familiar to your child.</p> <p>Encourage your child to talk and listen while on the phone.</p>
					Sunday
					<p>Wash the dishes together. Have your child sort out the cutlery and put them in the right section of the drawer, while s/he is naming them.</p>



Key Words

Socks, Shoes, Vacuum

Repeat these words often during the week and give your child the opportunity to hear and say them.





PRESCHOOLER



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

BUSY, FUN LEARNING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Go outside together with a clear container.</p> <p>Collect bugs and worms. Ask your child: "How many bugs do you have? How many worms do you have?"</p> <p>After they finish counting ask them which they have more of. Don't forget to let the animals go free.</p>	<p>Build a house out of blocks with your child. Use recycled boxes if you don't have blocks.</p> <p>Using toy cars, make motor sounds together. While driving the cars up, over, and under the blocks, talk about what you are doing.</p>	<p>OPPOSITES</p> <p>Try raising and lowering your voice and body when speaking. (ex. up, down).</p> <p>Come up with other opposites together.</p> <p>Encourage your child to tell you the changes in the sounds you are making.</p>	<p>Have your child pick a favourite toy.</p> <p>In a small room, hide the toy while your child closes their eyes.</p> <p>Have them find their toy, feel free to give hints to find it. "You are beside the toy."</p> <p>Take turns playing.</p>	<p>Make Playdough!</p> <p>½ cup Salt 2 Tbsp Cream of Tartar 1 pkg Kool-Aid 1 cup Boiling Water 2 Tbsp Veg. Oil 2 cups Flour</p> <p>Mix ingredients in the order listed. Knead the dough with your child.</p> <p>If it is too dry, add water. If it is too sticky, add flour.</p>	<p>Sing "The Hokey Pokey".</p> <p>Tickle each body part when it is time to move it during the song.</p>
					Sunday
					<p>Turn on some music that has no words.</p> <p>Give your child a crayon and paper and have them draw to the music.</p>



Key Words

Ladybug, Big, Small, Music

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

TRANSPORTATION

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Read books together on cars and different kinds of transportation.</p> <p>While or after reading, point to different vehicles or modes of transportation and ask your child what it's name is.</p>	<p>Get out toy vehicles, boats, trains, and planes (anything you have).</p> <p>Drive them around with your child. Ask your child which sound each one makes.</p> <p>Make those sounds together.</p>	<p>Make a stop sign with one side green and the other red.</p> <p>Put on some music and have your child pretend to be a vehicle.</p> <p>When you turn the sign red, have your child freeze. When it is green - they can 'drive' around.</p>	<p>Using a big box, pretend that it is a vehicle.</p> <p>Make a door in the side and colour on headlights and other features.</p> <p>Go on a pretend trip with your child. Ask your child where he might go. (Eg. "I'm going to see Grandma.")</p>	<p>Go for a car ride today!!</p> <p>While in your car ask your child to find stop signs.</p> <p>Play "I Spy".</p> <p>Ask your child to find stop signs</p>	<p>Go outside and listen to all the noises that vehicles make.</p> <p>Ask your child what noises they hear, sound them out together.</p>
					Sunday
					<p>Sing "The Wheels on the Bus" with your child. Have your child do all the actions and sing with you.</p>

Key Words

Green, Go, Stop Sign, Bus

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

CHRISTMAS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Write a letter to Santa.</p> <p>Ask your child what s/he would like for Christmas.</p> <p>Have your child dictate a letter, while you write it.</p> <p>Encourage your child to decorate the letter.</p>	<p>Look through old magazines, flyers and calenders.</p> <p>Have your child make a collage of all the things that they wrote on their wish list. Hang it up on the fridge.</p> <p>Talk about the pictures - the colours, what they would do with the items.</p>	<p>Sing some Christmas songs together.</p> <p>Ask your child to sing really loud and then really soft.</p> <p>Use musical instruments as you sing to add to the music.</p>	<p>Take a walk around the neighbourhood (maybe after dinner).</p> <p>Look at the Christmas lights and decorations on houses.</p> <p>"I see red lights, what do you see?"</p>	<p>Gather up old and new Christmas cards and talk about the pictures and who they are from.</p> <p>Cut up the old cards and use the pictures to make new ones.</p> <p>With your child discuss and write new messages.</p>	<p>Visit a tree farm or a place that sells Christmas trees. Talk about the sizes of the different trees (Eg. shortl - tall, wide - thin)</p>
					Sunday
					<p>Read the true Christmas story together. Talk about what you see on the pages.</p>



Key Words

Wish list, Sing, Bright Lights

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

HALLOWEEN

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Visit a pumpkin patch or a local store that sells pumpkins.</p> <p>Talk about the sizes and colours of pumpkins. Pick one out and bring it home.</p> <p>Encourage your child to say sentences like: "I'm picking a pumpkin. My pumpkin is orange. My pumpkin is big."</p>	<p>Cut the top of the pumpkin off that you bought yesterday.</p> <p>Have your child take out all of the seeds and other stuff.</p> <p>Ask your child how the insides of the pumpkin feels when they hold it in their hands.</p>	<p>Carve a pumpkin with your child.</p> <p>Ask your child to pick a face that they want to have on the pumpkin (happy, sad, mad, scary). Draw it on with a marker.</p> <p>Have your child watch as you carve the face. Ask your child to describe the face: "The pumpkin is scary. He has big eyes."</p>	<p>Make a yummy, spooky Halloween snack.</p> <p>Have your child help you make green jello.</p> <p>Just before the jello hardens, add gummy worms. Enjoy!</p> <p>Ask your child how it feels in their mouth when you eat it.</p>	<p>Talk about different Halloween shapes. (Eg. ghost, pumpkin, scarecrow.)</p> <p>Make sandwiches into your favourite Halloween shape using a knife or cookie cutter.</p>	<p>Have an orange and black day. Dress in orange and black clothes, eat orange and black food.</p>
					Sunday
					<p>Recite the rhyme "Itsy, Bitsy Spider" with your child.</p> <p>Do the actions together.</p>



Key Words

Seeds, Worm, Scary, Scarecrow

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

EASTER / SPRING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Have a spring clean up day.</p> <p>Choose a room in your house to clean with your child. Ask your child to talk about what they are doing: "I am dusting the table." Help your child follow directions as you clean: "Get the clothe and wipe the counter."</p>	<p>Cut bunny ears out of cardboard (cereal boxes), and attach them to a strip of paper long enough to fit your child's head.</p> <p>Have your child colour them.</p> <p>Ask your child how a bunny moves. Move around like a bunny and say, "I am hopping fast/slow."</p>	<p>Bake Easter cookies together.</p> <p>Ask your child to give you the different ingredients for the cookies.</p> <p>Watch the cookies bake in the oven.</p> <p>Talk about how cookies look and smell: "The cookies smell good, the cookies are getting bigger."</p>	<p>Make an Easter hat, using a paper plate and decorations.</p> <p>Encourage your child to decorate the hat with flowers, string, and ribbon.</p> <p>Have your child tell your what they are putting on their hat: "I am gluing a flower on."</p>	<p>Have an Easter Egg Hunt.</p> <p>Using Easter eggs, hide them around the house.</p> <p>Tell your child where to look to find each egg.</p> <p>Say, "Look under the couch. Look beside the book."</p>	<p>Pretend to be ducks together. Waddle around the house; quack like a duck, peep like a chick.</p>
					<p>Sunday</p> <p>Have an Easter Tea Party. Wear bright 'spring' colours, sip 'tea' (juice), and eat the cookies you made earlier. Talk about what you are eating and drinking.</p>



Key Words

Spring, Tea, Hat, Egg

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

THANKSGIVING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Trace your child's hands on a piece of paper, and have them colour their hand prints.</p> <p>List 10 different things that they can eat for Thanksgiving dinner.</p>	<p>Harvest Time!</p> <p>Talk with your child about different foods that are being harvested at this time of the year. (i.e. corn, apples)</p> <p>Try to visit a farm where they are harvesting these foods. Ask your child to talk about the shape and size of the food: "The apple is small and round."</p>	<p>Read a book on Thanksgiving with your child.</p> <p>After each page ask your child to tell you what happened.</p> <p>Let your child describe what is happening in the pictures.</p>	<p>Make a turkey with your child by tracing your child's hand on a piece of paper. (The thumb becomes the head and the fingers the tail feathers.)</p> <p>Decorate the turkey. Encourage your child to talk about what they are doing: "I am tracing my hand, I am colouring the turkey."</p>	<p>Bake a pumpkin pie together.</p> <p>Help your child follow directions: "Pour the water in. Mix with the spoon."</p> <p>After the pie is cooked, try it out!</p> <p>Talk about how it tastes: "The pie is hot. It feels squishy in my mouth."</p>	<p>Visit a farmer's market with your child. Talk about all the different foods you see. Encourage your child to label that s/he sees.</p>
					<p>Sunday</p> <p>Have a Thanksgiving Day Feast! All the food on the table. Ask your child what they like the best.</p>



Key Words

Thanksgiving, Turkey, Feathers

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

NEW YEAR'S

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Look through a photo album or pictures of the year past.</p> <p>Ask your child to tell you about the things that are happening in the pictures.</p> <p>Have your child find the picture frame on this page. Ask them to draw a picture inside.</p>	<p>Talk with your child about the weather.</p> <p>Have your child draw a picture of a snowman or a winter picture.</p> <p>Ask your child to explain their picture to you.</p>	<p>Play your child's favourite tape.</p> <p>Dance and sing along to celebrate the New Year.</p> <p>Use musical instruments, or make your own, to play with the music.</p> <p>Make up silly words to songs with your child.</p>	<p>Make Chinese New Year Dragon.</p> <p>Draw a dragon's head on construction paper. Have your child cut it out and glue it on the bottom of a paper bag.</p> <p>Use scraps of yarn, fabric, stickers, and streamers for decorating.</p>	<p>Using empty plastic bottles make shakers with your child.</p> <p>Fill each bottle with beans, rice, pasta (anything that will make a noise.)</p> <p>Tie some ribbon around the bottle.</p> <p>Have your child listen to the different noises.</p>	<p>Get in your p.j.'s early and have a pyjama party.</p> <p>Have your child use their noise makers and dragon puppet.</p>
					Sunday
					<p>Plan a special New Year's Feast. Have your child make a menu using pictures from flyers and magazines.</p>

Key Words

New Year's Eve, Picture, Music, Winter

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

COMMUNITY HELPERS AND SAFETY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Read books on community helpers (go to the library to find more).</p> <p>Ask your child what job each person does.</p> <p>Say, "Who is this person? What do you think he does?"</p>	<p>Visit a place where a community helper works. (police station, fire station, dentist office, post office)</p> <p>While visiting talk about the different things you see.</p> <p>Ask your child to tell you what noises they hear.</p>	<p>Pretend to be different community helpers with your child.</p> <p>Talk to your child about who you are and what you are doing: "I am a fireman. I'm putting out the fire."</p> <p>Ask them what they would do in a day as that community helper.</p>	<p>Make a traffic light with your child.</p> <p>Help your child cut out three circles- red, yellow, and green. Glue the circles onto a piece of black paper.</p> <p>Ask your child what each colour means.</p> <p>(Red-stop, yellow-be careful, and green-go.)</p>	<p>Play red light, green light with your child.</p> <p>Run, skip, jump- then when you shout, "Red Light!", your child must stand still. When they hear, "Green light!", they can start to move again.</p> <p>Switch roles.</p>	<p>Walk through your home with your child. Have your child find smoke detectors.</p> <p>Test each smoke detector and listen to the noise it makes.</p>
					Sunday
					<p>Read some favourite books on safety. Ask your child to describe the pictures. (Bernstein Bears Learn About Strangers)</p>



Key Words

Fireman, Post Man, Smoke Detector

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

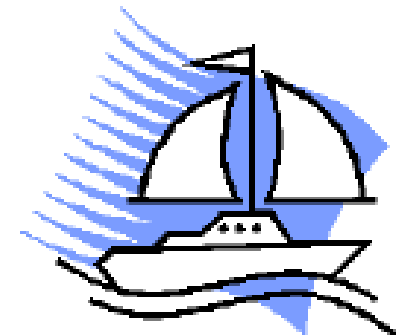
BEACH TIME

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Dress up and pretend you are going to the beach!</p> <p>Have your child name the clothes that they are putting on (bathing suit, hat, sandals).</p> <p>Encourage them to name the different colours on their clothes.</p> <p>Don't forget your funky shades (glasses).</p>	<p>Talk with your child about the sun.</p> <p>Say, "What colour is the sun? Does it feel nice on your skin?"</p> <p>Have your child draw a picture of the sun.</p> <p>Talk about wearing sun block. Put it on before you go outside.</p> <p>"Does it feel slippery and cold?"</p>	<p>Using a glue stick, have your child cover a piece of paper with glue.</p> <p>Give your child some sand and have them sprinkle it on the paper.</p> <p>After it dries feel the piece of paper and talk about how it feels.</p> <p>"Is the picture rough or smooth?"</p>	<p>Eat a popsicle. Try biting, sucking, and chewing.</p> <p>Ask your child how it feels when the popsicle is in their mouth.</p>	<p>Go to the beach! (If you can't make it try it in the bathtub.)</p> <p>Swim in the water and splash each other. Try splashing with your hand, foot, and the rest of your body.</p> <p>"Can you blow bubbles in the water?"</p>	<p>Using a box, pretend that it is a boat. Help your child decorate your boat. Pretend to be sailors and sail around your house.</p>
					Sunday
					<p>Set up a sprinkler or a hose. Have your child walk and jump over the water. Pretend to be different water animals.</p>

Key Words

Beach, Bathing Suit, Wet, Dry

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

WATER ANIMALS

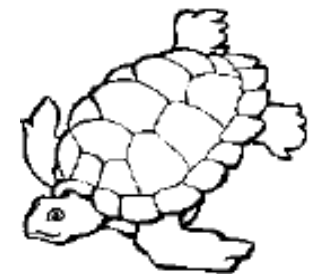
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Introduce water animals to your child by showing them pictures or books.</p> <p>See if you can count together how many different animals there are on each page.</p> <p>Talk about where the different animals live (ocean, river, pond).</p>	<p>Visit a pet store. Go to the fish section and look at the different fish.</p> <p>Ask your child what different colours of fish they see.</p> <p>Say the name of the fish that you see and have your child say it after you. “How many fish do you see? Can you count them?”</p>	<p>Pretend to be a fish. Open and close your mouth like a fish.</p> <p>At bath time swim like a fish. Blow bubbles too.</p> <p>Have your child think of different things that fish can do and try to do those actions.</p>	<p>Be an octopus!</p> <p>Have your child sit on your lap. Using all four limbs (arms & legs) wave them around.</p> <p>Have your child count how many octopus ‘legs’ you have.</p>	<p>Make a turtle.</p> <p>Talk about what a turtle looks like and what colour they are.</p> <p>Have your child colour a paper plate the colour s/he thinks a turtle should be.</p> <p>Cut out a head and four feet and have your child glue them on the plate.</p>	<p>Play with Goldfish crackers. Make some soup. Listen to the sound they make when you eat them when they are in the soup or when they are dry.</p>
					Sunday
					<p>Go to a pond, river, or any body of water. See what animals your child can find. Look at where their homes are.</p>



Key Words

Ocean, Swimming, Fish

Repeat these words often during the week and give your child the opportunity to hear and say them.



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

TEDDY BEARS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Try out this action game.</p> <p>“Teddy bear, Teddy bear, turn around. Teddy bear, Teddy bear, touch the ground. Teddy bear, Teddy bear reach up high. Teddy bear, Teddy bear reach for the sky!”</p> <p>Continue with this game, having your child name the action.</p>	<p>Make a teddy bear puppet using a paper lunch bag and construction paper.</p> <p>Draw a teddy bear face. Have your child cut and glue onto the bottom of the bag, forming a puppet.</p> <p>Encourage your child to name the pieces he is placing on the puppet. Have a puppet play!</p>	<p>Take a walk to the park with your child’s favourite teddy bear.</p> <p>Play “I Spy with My Little Eye” together.</p> <p>For example, “I spy with my little eye, something that is tall and green and brown. [A tree].”</p> <p>Take turns guessing. Give teddy a chance to play!</p>	<p>Go to the library or choose a book from home about bears. (Brown Bear, Brown Bear; Bearenstein Bears)</p> <p>Read it together several times throughout the week.</p> <p>After reading it a few times, stop half way through and ask your child to tell you the rest of the story.</p>	<p>Say this little rhyme with your child:</p> <p>“Fuzzy Wuzzy was a bear. Fuzzy Wuzzy lost his hair. Then Fuzzy Wuzzy wasn’t fuzzy - was he?”</p>	<p>Have a teddy bear picnic with your teddies. Talk with your teddies about the food you are eating.</p>
					Sunday
					<p>Using gummy bears help your child to sort them by colours. Count how many you have in each group. Eat them as you go!</p>

Key Words

Teddy Bear, Picnic, Fuzzy Wuzzy

Repeat these words often during the week and give your child the opportunity to hear and say them.

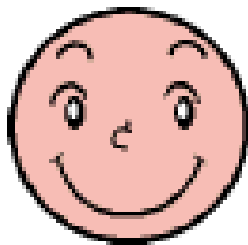


Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

FOOD AND OUR FIVE SENSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Go through old magazines or flyers with your child. Have your child cut out pictures of food. Make a collage with the pictures.</p> <p>Talk to your child about their choices of food and healthy foods to eat.</p> <p>Choose a picture of something you need to buy this week., set it aside.</p>	<p>When grocery shopping, take the picture of the food item you need to buy.</p> <p>Ask your child to find the food in the store.</p> <p>Encourage you child to use words to describe the food item (“Round, long, red, etc.)</p>	<p>With your child point to and have them name their eyes, ears, nose, mouth and hands.</p> <p>Play “ I Spy with My Little Eye” using their different body parts.</p> <p>Say, “I spy with my little eye, something you can smell with.”</p>	<p>Make a “feely can.” (An empty coffee tin works well.)</p> <p>Put a favourite fruit in the can. Have your child feel the fruit (without looking), describe it, and try to guess what it is.</p> <p>Taste the fruit after you are done.</p> <p>“Is the food sweet or sour?”</p>	<p>Take the spices out of your cupboard.</p> <p>Have your child smell each one and tell you if they like the smell or not.</p> <p>Say, “Does this one smell good or bad, do you think you would want to eat it with something?”</p> <p>Taste some of the spices.</p>	<p>Get out some musical instruments (or pots and spoons). Have your child listen closely while they play loudly then softly. Make rhythms and sound patterns.</p>
					Sunday
					<p>Read “Hungry, Hungry Caterpillar”</p> <p>Talk with your child about all the different foods the caterpillar ate.</p>



Key Words

Smell, Hear, See, Feel, Taste

Repeat these words often during the week and give your child the opportunity to hear and say them.





PRESCHOOLER



Communicating for Fun

Parent and Child Activities to Promote Better Speech, Language and Hearing

ME AND MY FAMILY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Stand in front of a mirror with your child.</p> <p>Talk to your child about what is different (or the same) about you.</p> <p>Say, "Who do you think is taller? What colour is our hair? How many toes do we have?"</p>	<p>Have your child lay down on a large piece of paper.</p> <p>Trace around your child.</p> <p>Let your child draw his or her face and clothing onto their body picture. Talk with your child about the colour of his clothes, hair, eyes, and skin.</p>	<p>Go for a walk with your child.</p> <p>Collect a rock for each member of the family. Try to find a different size for each person.</p> <p>Using paint or markers decorate your rocks.</p> <p>Talk about the rocks your are decorating with your child.</p>	<p>Play house with some dolls.</p> <p>Ask your child, "Who will be the daddy? Where is the mommy? Is there going to be a baby?"</p> <p>Have your child go through his morning or day with his dolls. (Have breakfast, take a bath, etc.)</p>	<p>Recite this family fingerplay with your child:</p> <p>"This is a family (hold up a hand) Lets's count them and see, How many there are. And who they can be." (count fingers)</p> <p>Encourage your child to do the actions and count with you.</p>	<p>Get out photo albums. Sit with your child and look at pictures. Talk about what people are in the pictures.</p>
					Sunday
					<p>Plan a special family dinner. Let each person pick a favourite food to have for the feast.</p> <p>Eat by candlelight.</p>



Key Words

Mom, Dad, Sister, Brother

Repeat these words often during the week and give your child the opportunity to hear and say them.

