

***Birth-2 years old family*** *Engagement* ***month***2023

**November**

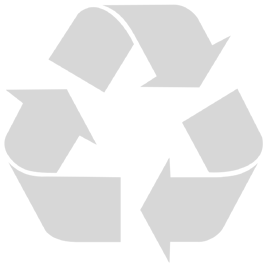
SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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| [**Celebrating**](https://www.ncmuseumofhistory.org/events-and-programs/festivals/annual-american-indian-heritage-celebration)  ***“To the world you may be one person, but to one person you may be the world”*** – Dr. Seuss | | | **National Family 1**  **literacy Day**  Check out the [**Dolly Parton**](http://www.smartstart.org/dolly-partons-imagination-library/registration-dolly-partons-imagination-library/)[**Imagination Library**](http://www.smartstart.org/dolly-partons-imagination-library/registration-dolly-partons-imagination-library/)for free books and try these [reading](https://www.colorincolorado.org/sites/default/files/parent-tips_reading_prek_english.pdf) [tips](https://www.colorincolorado.org/sites/default/files/parent-tips_reading_prek_english.pdf) with your [**baby**](https://www.colorincolorado.org/sites/default/files/parent-tips_reading_babies_english.pdf)or [**toddler.**](https://www.colorincolorado.org/sites/default/files/parent-tips_reading_toddlers_english.pdf)If you have a wiggly baby or toddler [**try this.**](https://www.readingrockets.org/sites/default/files/migrated/pdfs/edextras/35051-en.pdf) | **2**  [**Playful ways**](https://www.unicef.org/parenting/child-development/how-introduce-maths-your-toddler)to introduce your toddler to math. | **3**  Tips for [**Talking with Your**](https://www.ecac-parentcenter.org/wp-content/uploads/TalkingWithYourChildsDoctor_FactSheet_080323.pdf) [**Child’s Doctors**](https://www.ecac-parentcenter.org/wp-content/uploads/TalkingWithYourChildsDoctor_FactSheet_080323.pdf)about developmental concerns. | **4**  Explore topics from  [**Sesame Street in**](https://sesameworkshop.org/resources/) [**Communities**](https://sesameworkshop.org/resources/)on what matters most in young lives: health, social- emotional skills, and school readiness. |
| **Daylight Savings Time Ends 5**  Go on a nature walk and talk about what you see. | **6**  5 **S**[**teps**](http://www.ecac-parentcenter.org/wp-content/uploads/ECACResourceFiveStepsBestAdvocate.pdf)to becoming Your Child’s Best Advocate. | **Election Day 7**  [**Play games**](https://www.zerotothree.org/resource/play-activities-for-12-to-24-months/)with your toddler to build their skills and have fun. | **8**  Talk about your day out loud.  Hearing about what you are doing (Mommy is going to make the bed. First I pick up the pillows and…) helps with understanding and to build vocabulary. | **9**  If your child has health care needs  or you have questions about Medicaid or Innovation Waivers, contact [**ECAC’s F2F Health**](https://www.ecac-parentcenter.org/special-healthcare-needs/)[**Information Center**](https://www.ecac-parentcenter.org/special-healthcare-needs/). Use the [**“Care Notebook”**](https://www.ecac-parentcenter.org/wp-content/uploads/CareNotebook-English-Completely-Fillable.pdf)to organize your Child’s health care information. | **10**  [**Talking**](https://www.colorincolorado.org/article/talking-counts)to your baby or toddler helps to build the foundation for developing future reading skills. | **Veterans Day 11**  Go visit the pet store. Help your child identify the different animals. |
| **12**  Looking for child care? Call 888-600-1685 or go to the [**CCR&R webpage**](https://www.childcarerrnc.org/)for child care resources. Quality child care nurtures healthy development and school  readiness! | **World Kindness Day 13**  **Caregiver Appreciation Day**  Point out acts of kindness and model saying “thank you” when someone helps you or says something kind. | **National PJ Day 14**  Today is [**National Family**](https://www.teachingexpertise.com/classroom-ideas/pajama-day-activity-ideas/)[**PJ Day**](https://www.teachingexpertise.com/classroom-ideas/pajama-day-activity-ideas/). Put on your pajamas, find a comfy spot with lots of pillows and share a book with your child. | **America Recycles Day 15**  Do you need a good system to help you organize and keep all the information about  your child’s development in one place, try the Early Steps [**Record Keeping Toolkit**](http://www.ecac-parentcenter.org/wp-content/uploads/ECACResourceEarlyStepsRecordKeepingToolkit.pdf). | **National Parent 16**  **Involvement Day**  Working with Early Intervention Providers: [**Communication Tips**](https://www.ecac-parentcenter.org/wp-content/uploads/WorkingWithEIProviders_FactSheet_080323.pdf)for Building Relationships. | **17**  Sign up for the [**PBS KIDS**](https://www.pbs.org/parents/newsletter)  [**Newsletter**](https://www.pbs.org/parents/newsletter)for activities and tips you can use to help kids learn at  home. **Text CONNECT to 274448** for free parenting resources sent by text. | **18**  [**Things to say**](https://www.parent.com/blogs/conversations/100-things-every-kid-needs-hear-develop-positive-self-image)to help your child feel confident and happy. |
| **19**  [**Make**](https://docs.google.com/document/d/1gL24yD3-abmFwFxJIT0Jyi6xxSKcxccM-wNf8CknuSw/edit)homemade Playdough! Playing with playdough helps your toddler strengthen their fine motor skills. | **Universal Children’s Day 20**  [**Activities**](https://www.ecmhc.org/ideas/emotions.html)to teach your child about [**emotions**](https://www.pbs.org/parents/learn-grow/all-ages/emotions-self-awareness). | **National TV Day 21**  **National Gingerbread Cookie Day**  [**Make cookies**](https://docs.google.com/document/d/1R4-53QhoOvW_EcjuJPXnO6qDbt0uZnqpwPZXsZFbNwI/edit)for National Gingerbread Cookie Day. | **22**  Your child’s first  teacher is you! View parenting favorites for children [**Zero to Three**](https://www.zerotothree.org/resources/for-families/trending-and-recommended/). | **THANKSGIVING DAY 23** | **24**  [**Dad’s Matter!**](https://135704.fs1.hubspotusercontent-na1.net/hubfs/135704/2022%20Strengths%20Based%20Infographics/strengths-of-father-presence.pdf)  [**5 ways**](https://eclkc.ohs.acf.hhs.gov/publication/five-ways-fathers-support-their-childs-learning-every-day#%3A~%3Atext%3DFathers%20play%20with%20their%20child%20to%20help%20them%20learn%20social%20skills.%26text%3DFathers%20follow%20their%20child%27s%20interests%20and%20encourage%20exploration%20and%20discovery.%26text%3DFathers%20talk%20with%20their%20child%20about%20what%20they%20are%20doing%20and%20learning.%26text%3DFathers%20listen%20to%20their%20child%2Cabout%20their%20feelings%20and%20ideas)Dads can support their child’s learning and be [**more**](https://childdevelopmentinfo.com/development/5-ways-dads-can-involved-children/) [**involved.**](https://childdevelopmentinfo.com/development/5-ways-dads-can-involved-children/) | **25**  Play time activities  that parents or grandparents can do with [**baby**](https://www.zerotothree.org/resource/play-activities-for-birth-to-12-months/)or [**toddler**](https://raisingchildren.net.au/toddlers/play-learning/getting-play-started/toddlers-at-play)**.** |
| **26**  If your child is 2 years old take a look at information about [**referral**](https://www.dpi.nc.gov/documents/earlylearning/families/how-referral/download)and transitioning to [**Preschool**](https://www.ecac-parentcenter.org/wp-content/uploads/TransitionfromEarlyIntSEPreschool_FactSheet_05042023.pdf)[**Services**](https://www.ecac-parentcenter.org/wp-content/uploads/TransitionfromEarlyIntSEPreschool_FactSheet_05042023.pdf)**.** | **27**  Learn about [**NC Infant-**](https://www.ecac-parentcenter.org/wp-content/uploads/Welcome-to-NC-ITP_Final.pdf)[**Toddler Program**](https://www.ecac-parentcenter.org/wp-content/uploads/Welcome-to-NC-ITP_Final.pdf)(NC ITP), which provides services to families of children [birth to 3](https://beearly.nc.gov/) with special needs. | **28**  Connect to your local [**Smart Start organization**](http://www.smartstart.org/smart-start-in-your-community/)for parenting classes. | **29**  Cookie Monster learns about [**healthy eating**](https://sesameworkshop.org/topics/eating-well/)and so can you! | **30**  [**Track your child’s development**](http://www.ecac-parentcenter.org/wp-content/uploads/ECACResourceMilestoneBrochure.pdf)  and get parenting tips at the [**CDC website**](https://www.cdc.gov/ncbddd/actearly/parents/index.html).  Concerned about your child’s development review [**“How to**](http://www.ecac-parentcenter.org/wp-content/uploads/ECACResourceHowToHelpChildEnglishSpanish.pdf)[**help your Child”**](http://www.ecac-parentcenter.org/wp-content/uploads/ECACResourceHowToHelpChildEnglishSpanish.pdf). | *Scan for more information >* | |

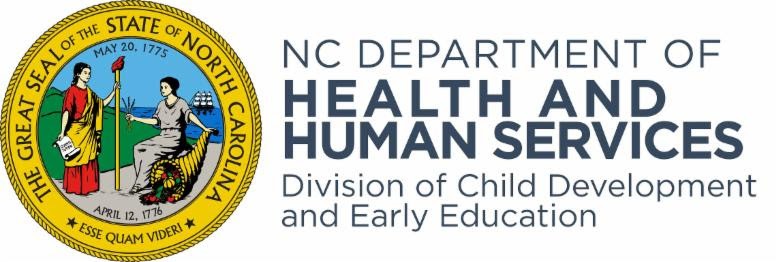
***Activities for Families* N**







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**Parent Info Line: 1-800-962-6817**

[www.ecac-parentcenter.org](http://www.ecac-parentcenter.org/)

[**ecac@ecacmail.org**](mailto:ecac@ecacmail.org)