10122023

**Activities for Families**

***Preschool-PreK*** *Engagement* ***month*** 2023

**NOVEMBER**

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

***Activities for Families***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| [**Celebrating**](https://www.ncmuseumofhistory.org/events-and-programs/festivals/annual-american-indian-heritage-celebration)  ***“Behind every young child who believes in himself is a parent who believed first”***  – Mathew L. Jacobson | | | **National Family 1**  **Literacy Day**  Check out the [**Dolly**](http://www.smartstart.org/dolly-partons-imagination-library/registration-dolly-partons-imagination-library/) [**Parton Imagination**](http://www.smartstart.org/dolly-partons-imagination-library/registration-dolly-partons-imagination-library/)[**Library**](http://www.smartstart.org/dolly-partons-imagination-library/registration-dolly-partons-imagination-library/)for free books and try these reading tips for parents of [**preschoolers**](https://www.colorincolorado.org/sites/default/files/parent-tips_reading_prek_english.pdf). | **2**  [**Learn**](https://eclkc.ohs.acf.hhs.gov/programs/article/head-start-programs)about publicly supported preschool opportunities: [**Early Head**](https://eclkc.ohs.acf.hhs.gov/center-locator?latitude=35.760&longitude=-79.019&state=NC)[**Start and Head Start**](https://eclkc.ohs.acf.hhs.gov/center-locator?latitude=35.760&longitude=-79.019&state=NC) for  birth-K; [**NC Pre-K Program**](https://ncchildcare.ncdhhs.gov/Home/DCDEE-Sections/North-Carolina-Pre-Kindergarten-NC-Pre-K)for 4 year old’s. | **3**  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! | **4**  [**Move and Freeze.**](https://www.youtube.com/watch?v=VXzsZTAuuGk)Play music and encourage your child to dance to the music. Stop the music and say “freeze”. Then do it again! |
| **Daylight Savings Time Ends 5**  [**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 involved.**](https://childdevelopmentinfo.com/development/5-ways-dads-can-involved-children/) | **6**  [**Remind your child**](https://www.pbs.org/parents/learn-grow/age-4/character/resilience)of their successes! | **Election Day 7** Make and decorate a ballot box and vote on “what’s for dinner” or “what TV show to watch.” Add up the votes. | **8**  Begin thinking about your  child’s next transition, from [**Special Education**](https://www.ecac-parentcenter.org/wp-content/uploads/Transition-to-Kindergarten-Fact-sheet_05042023.pdf) [**Preschool Services to**](https://www.ecac-parentcenter.org/wp-content/uploads/Transition-to-Kindergarten-Fact-sheet_05042023.pdf) [**Kindergarten**](https://www.ecac-parentcenter.org/wp-content/uploads/Transition-to-Kindergarten-Fact-sheet_05042023.pdf)and tips  to support [**kindergarten**](https://www.ecac-parentcenter.org/wp-content/uploads/EL100-LetsGetReady-Color.pdf) [**readiness**](https://www.ecac-parentcenter.org/wp-content/uploads/EL100-LetsGetReady-Color.pdf). | **9**  Your child’s first  teacher is you! View parenting favorites at [**National Association**](https://www.naeyc.org/our-work/for-families)[**for the Education of**](https://www.naeyc.org/our-work/for-families)[**Young Children**](https://www.naeyc.org/our-work/for-families). | **10**  [**Your story has power**](https://www.pacer.org/parent/php/PHP-c121.pdf)and can influence decisions. What one experience would you want to [**share**](https://www.ecac-parentcenter.org/wp-content/uploads/Current-Leadership-Opportunities.pdf) with providers or policy makers? | **Veterans Day 11**  Go on a nature walk and talk about what you see. |
| **12**  Take turns making a feeling face (happy, sad, surprised, excited) and try to guess the name of the feeling. See more ideas for [**teaching children**](https://www.ecmhc.org/documents/Posters_Parent.pdf)[**about emotions**](https://www.ecmhc.org/documents/Posters_Parent.pdf). | **World Kindness Day 13**  **Caregiver Appreciation Day**  Point out acts of [**kindness**](https://www.pbs.org/parents/learn-grow/age-5/character/compassion)and model saying “thank you” when someone helps you or says something kind. | **Younger Readers Day 14**  Today is **National Family** [**PJ**](https://www.teachingexpertise.com/classroom-ideas/pajama-day-activity-ideas/)[**day**](https://www.teachingexpertise.com/classroom-ideas/pajama-day-activity-ideas/). Put on pajamas, find a comfy spot with lots of  pillows and share a book with your child. For a special treat add pretzels and chocolate bits to popcorn. | **America Recycles Day 15**  [**What to know**](https://www.ecac-parentcenter.org/wp-content/uploads/IEP-overview-parent.pdf)about your child’s IEP and [**tips**](https://www.ecac-parentcenter.org/wp-content/uploads/ecac_IEP_NewLayout_04202022_rev-1-2.pdf)to prepare and participate. | **National Parent 16**  **Involvement Day** We all deserve to be acknowledged,  appreciated and celebrated.  [**12 Ways to Celebrate You**](https://www.livehappy.com/self/12-ways-to-celebrate-you). | **17**  [**Track your child’s**](http://www.ecac-parentcenter.org/wp-content/uploads/ECACResourceMilestoneBrochure.pdf)[**development**](http://www.ecac-parentcenter.org/wp-content/uploads/ECACResourceMilestoneBrochure.pdf)and get parenting tips at the [**CDC**](https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html)[**website**.](https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html) Concerned about your child’s development review Tips for [**Talking with**](https://www.ecac-parentcenter.org/wp-content/uploads/TalkingWithYourChildsDoctor_FactSheet_080323.pdf)[**Your Child’s Doctors**.](https://www.ecac-parentcenter.org/wp-content/uploads/TalkingWithYourChildsDoctor_FactSheet_080323.pdf) | **18**  A trip to the grocery store can help your child with [reading and math skills](https://www.colorincolorado.org/article/grocery-store-literacy-preschoolers). |
| **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. | **20**  Connect to your local  [**Smart Start organization**](http://www.smartstart.org/smart-start-in-your-community/)  for parenting classes. | **National TV Day 21**  **National Gingerbread Cookie Day**  [**Tips**](https://www.pbs.org/parents/learn-grow/age-3/character/courage)to prepare your child to tackle something new. | **22**  When you can’t go  outside, games to [**play**](https://www.verywellfamily.com/indoor-games-to-play-with-your-preschooler-2764612)[**inside**](https://www.verywellfamily.com/indoor-games-to-play-with-your-preschooler-2764612). | **THANKSGIVING DAY 23** | **24**  If your child has health  care needs, view the [**NC**](https://www.ecac-parentcenter.org/special-healthcare-needs/) [**Family to Family Health**](https://www.ecac-parentcenter.org/special-healthcare-needs/) [**Information Center**](https://www.ecac-parentcenter.org/special-healthcare-needs/)and 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. | **25**  Hear how Early  Childhood [**Parent-**](https://www.youtube.com/watch?v=yZI66PtsFs8)[**Teacher Partnerships**](https://www.youtube.com/watch?v=yZI66PtsFs8)are important in the healthy development of young children. |
| **26**  Blow bubbles together! You can make your own bubbles!  Mix:  ½ cup of dish soap  1 ½ cup of water  2 teaspoons of sugar | **27**  Use [**“Painting the Big Picture”**](https://www.ecac-parentcenter.org/wp-content/uploads/ECAC_PaintingtheBigPicture_Fillable-071322-2.pdf)to share information about your child with providers and school staff to help  them better support your child’s learning. | **28**  View local [**resources in**](https://www.ecac-parentcenter.org/your-local-resources/) [**your County.**](https://www.ecac-parentcenter.org/your-local-resources/) | **29**  ECAC has a rich history, read about our [**mission**](https://www.ecac-parentcenter.org/discover-ecac/)and ECAC’s beginnings. View [**ECAC’s**](https://www.ecac-parentcenter.org/)[**website**](https://www.ecac-parentcenter.org/)and watch our video [**“Discovering Leadership”**](https://www.ecac-parentcenter.org/webinars-videos/discovering-ecac/)to learn more about how we support families | **30**  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. | *Scan for more information >* | |

Add You School Name



Empowering Families Improving Lives

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

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