



A Calendar of Family Activities for 2021–2022

United Way of Champaign County — Helping all children succeed in school and in life

It's Never Too Early to Get Ready for Kindergarten!

One of the most exciting days for you and your child is the first day of kindergarten. This calendar is designed to help you and your child get ready for that special day.

Let's get started!

This calendar is for 3, 4, and 5 year olds who are preparing for kindergarten. The calendar runs from September through August; similar to the school year. Each month focuses on a different topic

with suggested daily activities based on Illinois Early Learning Standards and strategies developed by early learning experts.

Use this calendar as a guide for fun ideas. Include family members and friends in the activities. Have a wonderful year together as you get ready for the big day!

Remember that play is an important part of learning. Your child learns best when he/she is spending time with you and

doing activities that are fun and interesting.

Children develop at their own pace and "typical" development can vary greatly from child to child.

School readiness is much more than knowing letters and numbers. Children who are kindergarten ready have good social, self-help and physical skills and are developing a love for learning.



Kindergarten Readiness Checklist

This checklist is a guide to help prepare your child for school. It's best to look at the items on the list as goals to aim toward. If your child lags behind in some areas, don't worry, remember that children grow and develop at different rates.



Good Health and Physical Well-Being

My child:

- Eats a balanced diet
- Gets plenty of rest
- Receives regular medical and dental care
- Has had all the necessary immunizations
- Runs, jumps, plays outdoors and does other activities that provide exercise and help develop large muscles
- Puzzles, scribbles, colors, paints and does other activities that help develop small muscles

Social and Emotional Preparation

My child:

- Is learning to explore and try new things
- Is learning to work well alone and to do many tasks independently
- Has many opportunities to be with other children and is learning to cooperate with them
- Is curious and motivated to learn
- Is learning to finish tasks
- Is learning to use self-control
- Can follow simple instructions
- Helps with family chores
- Is learning to use words to identify and express emotions

Language and General Knowledge

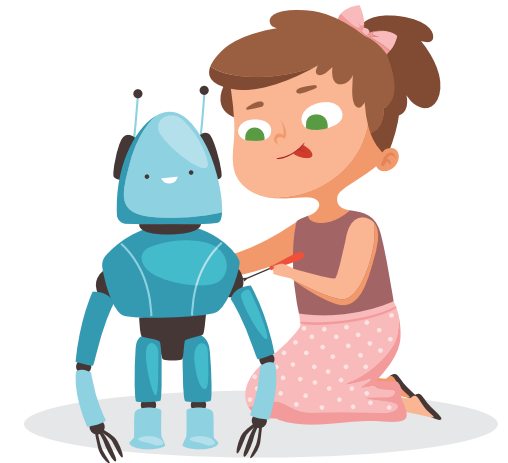
My child:

- Has many opportunities to talk and listen
- Is read to every day
- Has access to books and other reading materials
- Is learning about print and books
- Has television viewing monitored by an adult
- Is encouraged to ask questions
- Is encouraged to solve problems
- Has opportunities to notice similarities and differences
- Is encouraged to sort and classify things
- Is learning to write his/her name and address
- Is learning to count and plays counting games
- Is learning to identify and name shapes and colors
- Has opportunities to draw and to be creative
- Has opportunities to listen to and make music and to dance
- Has opportunities to get first-hand experiences and to do things in the world—to see and touch objects, hear new sounds, smell and taste foods

Read together every day

- Store your child's books in a special place that's easy to reach such as a basket, drawer or a low shelf.
- Place a small rug or pillow nearby to create a comfortable space for reading.
- Get a library card for your child (and yourself if you don't already have one).
- Find a place to read together away from distractions.
- Hold your child as you read to help develop a positive attitude toward reading.
- Children enjoy and learn by repetition so it's OK if they want you to read the same books over & over.
- Talk about the story as you read. Ask questions, point out details in the pictures.
- Ask your child to retell the story in his/her own words.
- Talk about characters as you read together.
- Count out loud with your child every day while reading, cooking, and shopping, etc.

SEPTEMBER 2021



Sunday

■ **Do you feel like you're being watched?** You are! The best way to help children learn how to act is to show them through your own words and actions. They are master imitators. When they hear you say please and thank you, they learn to be polite. When they see you help others, they learn to be helpful. When they hear you call someone a name — they will do it too. So don't just tell children what to do — **show them!**

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Using a newspaper article, circle words that begin with the first letter of your child's first name.

1

Talk about book characters as you read together today.

2

Play a matching game or match items you have around the house.

3

Play a board game or card game with your child.

4

Count out loud with your child every day while reading, cooking and shopping.

5

Labor Day
Rosh Hashanah begins at sundown

6

Practice fire safety: stop, drop & roll.

7

Have a dance party.

8

Library Day! Take your child to the library and get a library card.

9

Help your child write his/her name.

10

Visit www.pbs.org/parents and click on the "Fun and Games" tab.

11

Grandparents' Day **12**

Practice writing your child's name together. **13**

Practice counting from 1 to 10. **14**

Yom Kippur begins at sundown **15**

Look for words that begin with the same first letter using books, magazines and newspapers. **16**

Practice bouncing a ball. Count the number of bounces. **17**

Pick a new book and encourage your child to guess what the story will be about by looking at the cover. **18**

Yellow week: look for things that are yellow this week. **19**

Look through magazines and books to find things that are yellow. **20**

Read a poem together. **21**

Autumn Begins **22**

Library Day! Have your child invite a friend to the library. **23**

Find food items or animals that begin with the same sound. Name the letter. **24**

Play a matching game or match things you have around the house. **25**

26

Go for a walk with your child. Talk about what you see. **27**

Practice writing your child's name together. **28**

29

Play hopscotch together. **30**

Good books for four- and five-year olds

- *Help Wanted, Must Love Books* by Janet Sumner Johnson, Illustrations by Courtney Dawson
- *The Book Hog* by Greg Pizzoli
- *One Day in the Eucalyptus, Eucalyptus Tree* by Daniel Bernstrom, Illustrations by Brendan Wenzel
- *Noisy Night* by Mac Barnett, Illustrations by Brian Biggs
- *Five Little Monkeys Reading in Bed* by Eileen Christelow
- *Again!* by Emily Gravett
- *This Book Just Ate My Dog!* by Richard Byrne
- *The Summer Nick Taught His Cats to Read* by Curtis Manley, Illustrations by Kate Berube



School tools

- Decide on simple rules for using drawing & writing tools, “Markers may be used at the kitchen table or outdoors.” Or “Scissors are for cutting paper.”
- Draw pictures together about family events, daily experiences, etc.
- Praise your child’s efforts. Perfection is not the goal. Display some of their work and change it from time to time.
- Plan a healthy meal together.
- Make a grocery list together.
- Label belongings with your child’s name.
- Encourage your child to use the tools to write a letter if he or she is interested in writing.
- Practice how to hold scissors, how to open and close it, and how to hold the paper.
- Try snipping paper first or even play-doh or plastic straws.

OCTOBER

2021



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

■ **Thanks for the memories.** Chances are your own happy memories revolve around things you did with those you love. Really enjoy your child by taking time to have fun together every day. Sing songs while making dinner or driving the car. Take a walk and look for ducks or interesting sticks. Play ball, play house, play cards, play ANYTHING — **just do it together!**



While outdoors, allow your child to draw on the sidewalk with chalk.

1

Take your child for a walk and collect different kinds of leaves.

2

Read your favorite children’s book to your child.

3

Child Health Day

4

Cut pictures of expressive faces from magazines and make a feelings collage.

5

Do jumping jacks together.

6

Library Day!

7

Cut shapes out of paper to make a picture.

8

Talk about fall and have your child draw a picture of a tree.

9

Make a grocery shopping list together.

10

**Columbus Day
(observed)**
Indigenous Peoples Day

11

Write a note with your child to a grandparent, relative or friend.

12

Clap your hands to the beat of a song.

13

Sort or count things like socks, canned soups, buttons, etc.

14

Show your child how to write his/her name using upper- and lowercase letters.

15

Arrange a play date for your child.

16

Count to 20 or higher.

17

Make the bed together.

18

Find food items or animals that begin with the same sound as your child's first name. Name the letter.

19

Practice zipping.

20

Library Day!

21

Practice fire safety: stop, drop & roll.

22

Look at the pictures in a book with your child before reading.

23

Orange week: look for things that are orange this week.

24

Act out a favorite story. Use puppets, dolls or stuffed animals.

25

Help your child build his/her name using magnetic letters.

26

Plan a healthy meal to eat on Halloween.

27

28

Make a necklace using dental floss and cereal like Cheerios.™

29

Clap your hands to the beat of a song today.

30

Halloween

31

Encourage your child to say "thank you" while trick-or-treating.

Good books for four- and five-year olds

- *Go to Bed, Monster!* by Natasha Wing, Illustrations by Sylvie Kantorovitz
- *Pete the Cat: Crayons Rock!* by Kim Dean, Illustrations by James Dean
- *Henri's Scissors* by Jeanette Winter
- *The Day the Crayons Quit* by Drew Daywalt, Illustrations by Oliver Jeffers
- *A Squiggly Story* by Andrew Larsen, Illustrations by Mike Lowery
- *Red: A Crayon's Story* by Michael Hall
- *Monster Trouble* by Lane Fredrickson, Illustrations by Michael Robertson
- *Linus the Little Yellow Pencil* by Scott Magoon
- *Eraser* by Anna Kang, Illustrations by Christopher Weyant

Get moving

- Save plastic water or soda bottles to use as bowling pins.
- Toss bean bags or socks in a basket.
- Balance books on your head while walking.
- Visit a safe outdoor space so you can run and play together.
- Play toss and catch together with a rubber ball.
- Set up an obstacle course (inside the house or out). Run through it or steer a tricycle/bike through it.
- Teach your child games like “Hokey Pokey,” “Red light-green light” and “Simon Says.”
- Suggest your child try to move like different animals: hop like a rabbit, slither like a snake, fly like a bird.

NOVEMBER 2021



Sunday

Monday

All Saints' Day

1

Tuesday

Election Day
Sing ABCs.

2

Wednesday

Hum or sing a song as you pick up toys together.

3

Thursday

Library Day!

4

Friday

Schedule a play date at a park.

5

Saturday

Have a dance party.

6

Daylight Savings Time Ends

7

Turn clocks back one hour.

Help your child begin to learn his/her address and phone number.

8

Have your child tell a story to a family member.

9

Play hopscotch.

10

Veterans Day

11

Look in books and magazines for different facial expressions: happy, sad, excited, scared, etc.

12

Have your child draw a picture or write a note to a family member about something he/she is thankful for.

13

Brown week:
look for
things that
are brown
this week.

14

Practice zip-
ping, tying or
buttoning.

15

Take a walk.
Find things
that are
brown.

16

Put on some
music and
dance with
your child
and a friend
or other fami-
ly members.

17

Library Day!

18

Teach your
child the ABC
song.

19

Go outside
and kick a
ball back and
forth with
your child.

20

Help your
child draw a
picture of
your family.

21

Make a
picture or
decoration for
Thanksgiving.

22

Go to the
grocery store
and have
your child
help pick
items for
Thanksgiving.

23

Read a
Thanksgiving
story.

24

**Thanksgiving
Day**
Ask your child
to help set
the table and
count the
items.

25

**Native
American
Heritage Day**

26

Exercise with
your child.
Count the
number of
arm circles or
hops.

27

**Hanukkah
begins at
sundown**

28

Say a word to
your child
and ask him/
her to say
words that
rhyme.

29

Ask your child
to predict the
end of a
story before
you read it.

30



■ **Routines aren't boring—they're healthy.** Children feel more secure when they know what to expect. Keep a basic structure to your day. An evening routine might include setting the table, eating dinner, playtime, bath time, snack, tooth brushing, three stories, ten kisses and lights out! When children know what's coming next, it's easier for them to cooperate and you avoid a lot of temper tantrums.

**Good
books
for
four-
and
five-year
olds**

- *Hip-Hop Lollipop* by Susan Montanari, Illustrations by Brian Pinkney
- *Ninja!* by Arree Chung
- *From Head to Toe* by Eric Carle
- *On the Ball* by Brian Pinkney
- *You Are a Lion and Other Fun Yoga Poses* by Taeun Yoo
- *Move Your Mood!* by Brenda S. Miles, Illustrations by Holly Clifton-Brown
- *Spunky Little Monkey* by Bill Martin, Illustrations by Brian Won
- *Is Everyone Ready for Fun?* by Jan Thomas
- *It's a Tiger!* by David LaRochelle, Illustrations by Jeremy Tankard

Letters and words at home and around town

- Use an uppercase letter followed by lowercase letters when writing your child's name. For example: "Matthew."
- Make a name card for each member of your family. Help your child place them at the dinner table where everyone sits.
- Use letter magnets on the refrigerator or a cookie sheet to spell their name and familiar names: Mom, Dad.
- Place alphabet letters in a container. Pull them out one at a time and name them.
- Invite your child to "read" familiar business signs as you run errands.
- Read alphabet books and allow him/her to name the letters they recognize.
- Read a book together then ask your child to go back and look for a certain letter of the alphabet found in the story.
- Write the alphabet on paper. Sing the ABC song slowly and have your child touch each letter as you go.

DECEMBER 2021



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

■ **Regular Vision Exams Needed:** Illinois law requires that proof of an eye examination by an optometrist or physician who provides complete eye examinations be submitted to the school no later than October 15th of the year the child is first enrolled or as required by the school for other children. The examination must be completed within one year prior to the child beginning school.

Find circles and squares around your house.

1

Library Day!

2

Have your child write his/her name on a card and display it on their bedroom door.

3

Help your child practice zipping his/her coat and take a walk together.

4

Name fruits and vegetables found in your refrigerator.

5

Hanukkah Ends

6

Have your child practice tying his/her shoes or the shoes of someone else.

7

Have your child practice saying your phone number.

8

Play a game that involves taking turns.

9

Read a favorite winter book.

10

Make cookies with your child to share as a gift.

11

Green week:
look for
things that
are green this
week.

12

Sing a
favorite
holiday song
together.

13

Count to 50.

14

Help your
child write
the letters of
his/her first
name.

15

Library Day!

16

Name four
things that
rhyme with
“cat.”

17

Put on music
and dance.

18

Countdown!
Count
backwards
from 10.

19

Find all the
red things in
your house.

20

Winter
begins

21

Make a list of
fun things to
do over the
holidays.

22

Sing songs
today as you
clean house
or cook
dinner
together.

23

Christmas
Eve

24

Christmas
Day

25

Kwanzaa
begins

26

Read a
holiday story
at bedtime.

27

Draw or write
thank you
notes for
holiday gifts
received.

28

Practice the
ABC song.

29

Library Day!

30

New Year's
Eve

31

Good
books
for
four-
and
five-year
olds

- *Yoko Finds Her Way* by Rosemary Wells
- *Every Little Letter* by Deborah Underwood,
Illustrations by Joy Hwang Ruiz
- *Did You Take the B from My _ook?* by Beck Stanton
- *LMNO Peas* by Keith Baker
- *Look* by Fiona Woodcock
- *Let's Go ABC!: Things That Go from A to Z* by Rhonda Gowler Greene,
Illustrations by Daniel Kirk
- *Oops, Pounce, Quick, Run!* by Mike Twohy
- *If the S in Moose Comes Loose* by Peter Hermann,
Illustrations by Matthew Cordell

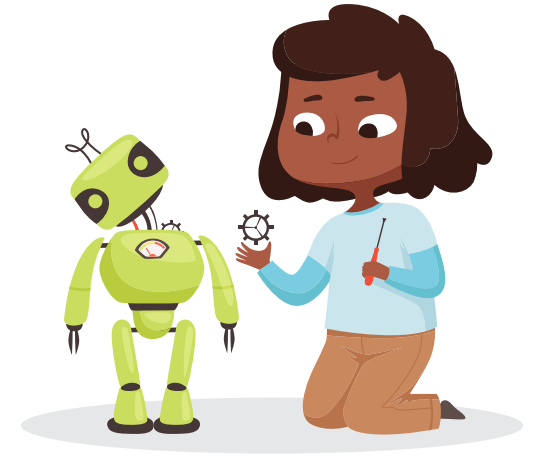


Math is everywhere!

- Talk math. Use words such as more, less; longer, shorter; heavy, light; etc.
- Count out LOUD every day. Start at 1 and count as you walk, put plates on the table, add apples to your grocery cart or as they wash their hands. Ask your child to count with you. Pause and ask, “What number comes next?”
- Hold up 5 fingers in front of your child then quickly hide your hand. Ask, “how many fingers did you see?”
- Name and describe shapes when you see them. That is a square napkin. The box of cereal is a rectangle. That tire is a circle.
- Count: “Let’s count the blocks.”
- Compare: “Which plate has more crackers?”
- Explore: “Let’s go on a shape hunt — can you find circles?”
- Question: “I wonder how many cars we can fit in this basket?”
- Sort: “Let’s put all the yellow pieces in this pile.”

JANUARY

2022



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

■ **YOU are the best reward.** When your child does a good job or learns a new skill, reward him or her with your time and attention. Avoid using treats or toys as rewards or bribes for good behavior. Sweets aren’t healthy and toys cost money. Time with you is free and builds bonds that last a lifetime.



New Year's Day
Kwanzaa Ends

1

Schedule eye, dental or physical exams needed for kindergarten.

2

Scavenger Hunt for shapes around the house.

3

Play Simon Says.

4

Play counting games like “How many blue things do you see?”

5

Practice counting to 10 or higher.

6

Practice fire safety: stop, drop & roll.

7

Make or draw a snowman with your child.

8

Blue week:
look for
things that
are blue this
week.

9

Have your
child divide a
snack evenly
to share.

10

Continue
teaching your
child his/her
phone
number and
address.

11

Have your
child try to tie
his/her scarf.

12

Library Day!

13

Make an
indoor
obstacle
course.

14

Recite
nursery
rhymes with
your child.

15

Make a
grocery list.
Ask if an item
is a fruit,
vegetable, or
meat, etc.

16

**Martin
Luther King
Jr. Day**

17

Look at
family
pictures
together.

18

Play "I Spy
Numbers."

19

Rhyme time:
what rhymes
with black?

20

Make a piggy
bank together
out of a
coffee can
and start
saving coins.

21

Teach your
child to play
a board game
with a friend.

22

Point out
numbers
around town
as you run
errands.

23

Visit the
Early Math
Collaborative
website:
[www.earlymath
.erikson.edu](http://www.earlymath.erikson.edu)

24

Help your
child to make
his/her
favorite
sandwich.

25

Read two
books today.

26

Library Day!

27

Sort laundry
together.
Match socks,
identify colors
and textures.

28

Sing some
of your child's
favorite
songs.

29

Find things
around the
house that
begin with
the same
letter sound.
Name the
letter.

30

31

**Good
books
for
four-
and
five-year
olds**

- *Dog Loves Counting* by Louise Yates
- *Count the Monkeys* by Mac Barnett, Illustrations by Kevin Cornell
- *Crash! Boom! A Math Tale* by Robie H. Harris, Illustrations by Chris Chatterton
- *Bear & Hare, Where's Bear?* by Emily Gravett
- *City Shapes* by Diana Murray, Illustrations by Bryan Collier
- *Pitter Pattern* by Joyce Hesselberth
- *I See 1, 2, 3: Count Your Community with Sesame Street* by Joyce Hesselberth
- *Everybunny Count!* by Ellie Sandall
- *Is That Wise Pig?* by Jan Thomas

Thoughts and feelings

- Turn off the music & movies in the car and talk about where you are going, what you are going to do and what might happen when you get there.
- Turn off the TV and put down the phone at meal times. Talk about what you did or are going to do today.
- As you read together ask your child to tell you what he/she sees in each picture.
- Ask your child to predict what will happen before you turn the page.
- Ask your child to draw you a picture

and then tell you about it.

- Model sympathy & caring for others, “Dad isn’t feeling well. Let’s make him some soup.”
- Talk about situations and how they might make people feel happy, sad, frustrated, angry, scared, etc.
- Encourage your child to talk about and label his/her feelings.
- Teach calming techniques when you see your child becoming upset. “Stop, take a deep breath, relax,” etc. Visit www.csefel.vanderbilt.edu for more ideas.

FEBRUARY 2022



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

■ **The waiting game.** Waiting is hard for all of us, but especially for children. Sometimes waiting can’t be avoided, so be prepared with a “bag of tricks.” Maybe a bag with a notebook, colored pencils, and a small hand held game or music player, books, simple snacks like raisins or crackers and a juice box or water bottle. Keep a few simple songs in your head like Itsy Bitsy Spider or ABCs, make up a story, or just count the change in your pocket or purse. Time flies when you are BOTH having fun.

Lunar New Year

1

Groundhog Day

2

Sing the ABC song.

3

Count all the doors and windows in your home.

4

Play a game together or as a family.

5

Read a story and ask your child what his/her favorite part was and why.

6

Make a list of people you love and talk about why you love them.

7

Zip up! Take your child for a walk and invite a friend.

8

Make a meal together.

9

Library Day!

10

Make and send home-made Valentine’s Day cards to loved ones on your list.

11

Lincoln’s Birthday (observed)

12

Work on a puzzle together.

13

Valentine's Day

14

Read a book that talks about emotions.

15

Read a book about feelings.

16

Have your child invite a friend over to play.

17

Find things around the house that begin with the sound of the letter "M."

18

Count to 100.

19

Red week: look for things that are red this week.

20

Washington's Birthday

21

Presidents Day (observed)

Play a board game or card game with your child.

22

Play musical chairs.

23

Library Day!
Ask your librarian to recommend new children's music.

24

Use a spoon and bowl to tap out the beat to your favorite song.

25

Look outside and talk about what you see.

26

Remember to check with your school for kindergarten registration dates.

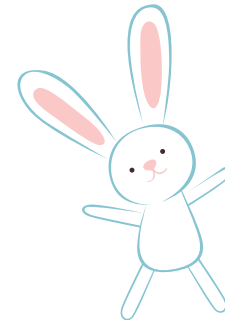
27

Make puppets out of paper bags or socks and act out a fun activity.

28

Good books for four- and five-year olds

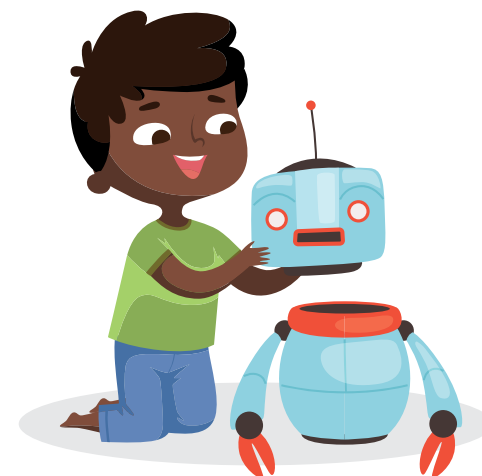
- *This Makes Me Happy* by Courtney Carbone, Illustrations by Hilli Kushnir
- *Why?* by Laura Vaccaro Seeger
- *Talking Is Not My Thing* by Rose Robbins
- *Grumpy Pants* by Claire Messer
- *Llama, Llama Mad at Mama* by Anna Dewdney
- *A Kiss Means I Love You* by Kathryn Madeline Allen, Photographs by Eric Futran
- *Wild Feelings* by David Milgrim
- *The Many Colors of Harpreet Singh* by Supriya Kelkar, Illustrations by Alea Marley
- *My Friend Is Sad* by Mo Willems



Rhyme time

- Introducing children to rhymes and rhyming words and playing with them gives children a head start in reading and spelling.
- Read Mother Goose rhymes with your child. After you've read one a few times ask your child to complete the rhyme with the correct word: "Hickory, Dickory, Dock. The mouse ran up the ___(clock)___."
- As your child becomes more familiar with the rhymes, encourage them to join in and say parts of the rhyme themselves (it will take a while before they can recite whole rhymes independently).
- Remember that nursery rhymes are portable, they can be enjoyed any-time, anyplace, anywhere! Share them at bath time, when getting ready for bed, while cooking or in the car.
- Change words to make your own personalized rhymes, for example, "Nye and Jill went up the hill" or, "One for the master, one for the dame and one for Nia Hopkins, who lives down the lane."

MARCH 2022



Sunday

■ **Love you, love me.** Taking care of yourself makes you a better parent. Find a little quiet time each day to do something for you. Find a hobby, read a book, soak in a bubble bath. Develop healthy habits for you and your family. Love yourself and your child by engaging in healthy, safe adult relationships.

Monday

Tuesday

Act out going to the doctor or dentist. Talk about what might happen. **1**

Wednesday

Read Across America **2**

Thursday

Bake cookies together. Count the number on each tray. **3**

Friday

Read two books today. Have your child tell you which is his/her favorite and why. **4**

Saturday

Read a simple poem with your child. **5**

Purple week: look for things that are purple this week. **6**

Casimir Pulaski Day **7**

Read a poem together. **8**

Cut out shapes and play a matching game. **9**

Library Day! **10**
Buy or rent a CD from the library or download a selection to play and sing along with in the car or while riding the bus.

Play "I Spy." **11**

Have your child practice jumping, hopping on one foot, and throwing and catching a ball. **12**

Daylight Savings Time Begins **13**
Turn clocks one hour forward.

Take a walk and look for signs of spring. **14**

Continue teaching your child his/her phone number and address. **15**

Say the wrong words and let your children correct you! **16**

St. Patrick's Day **17**

Find things that begin with the sound of the letter "D." **18**

Count to 50 (or higher). **19**

Spring Begins **20**

Schedule a kindergarten physical and dental exam for your child. **21**

Find things around the home that begin with the sound of the letter "J." **22**

Sing the ABC song. **23**

Library Day! **24**
Visit the library to borrow nursery rhyme books.

Read two books today. Have your child choose the books. **25**

Name a letter and have your child find items beginning with that sound. **26**

Pick objects around your house that rhyme: sock- rock; hat-cat; chair-bear. **27**

Sing songs with rhyming sounds. **28**

Practice writing numbers 1–5. **29**

Practice opposites with your child (up/down, in/out, over/under). **30**

Listen to a story on tape or CD with your child. **31**

Good books for four- and five-year olds

- *Bunnies on the Bus* by Philip Ardagh, Illustrations by Ben Mantle
- *The Book With No Pictures* by B. J. Novak
- *The Cow Tripped Over the Moon: a Nursery Rhyme Emergency* by Jeanne Willis
- *King Jack and the Dragon* by Peter Bentley, Illustrations by Helen Oxenbury
- *Cock-A-Doodle-Do, Creak, Pop-pop, Moo* by Jim Aylesworth, Illustrations by Brad Sneed
- *Frog on a Log?* by Kes Gray, Illustrations by Jim Field
- *Noisy Night* by Mac Barnett, Illustrations by Brian Biggs
- *Make Way for Readers* by Judy Sierra, Illustrations by G. Brian Karas
- *Mary Had a Little Lab* by Sue Fliess, Illustrations by Petros Bouloubasis



Technology as a teaching tool

- Pre-view age-appropriate TV programs, videos, music, computer games, websites and apps to be sure they teach what you want your child to learn.
- Set time limits on all electronics. Children need opportunities to run, play, explore and use their imaginations.
- Keep TV, computers, tablets, etc in a public area of your home not the child's bedroom to allow for easier monitoring.
- Watch programs or play games together. Talk- use this time to teach and connect with your child.
- Check out DVD's from the library on topics that interest your child such as animals, outer space, etc.
- Turn electronics off at mealtime. Use the time to talk about your day.

APRIL 2022



Sunday

Monday

Tuesday

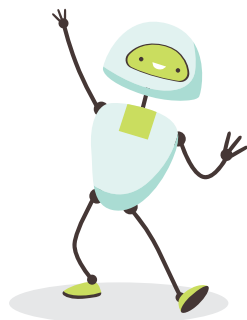
Wednesday

Thursday

Friday

Saturday

■ **Do you get tired of saying “no” and “don’t do that” all the time?** Try switching it up and give your child positive directions. Tell them what **to do** rather than what NOT to do: Say “use your quiet voice” instead of “don’t yell!” or “keep the water in the bathtub” instead of “quit splashing.” Being positive sets a more pleasant mood and children are more likely to follow directions happily.



April Fools’ Day

1

Count to 100.

2

First Day of Ramadan

3

Continue teaching your child his/her phone number and address.

4

Have your child name letters found on cereal boxes, cans, etc.

5

Take a walk and talk about the different sounds you hear.

6

Library Day!

Let your child pick out a video the whole family will enjoy.

7

Review “stranger danger” rules.

8

Paint or draw a picture today.

9

Find letters in the Sunday paper or a magazine.

10

Visit the PBS web site: www.pbskids.org.

11

Cook something together today. Talk about kitchen safety.

12

Take a walk. Look for flowers starting to bloom.

13

14

Good Friday
Passover begins at sunset

15

Watch TV with your child. Discuss what you see and feel.

16

Easter Sunday

17

18

Continue teaching your child his/her phone number and address.

19

Play shape scavenger hunt.

20

Library Day!
Bring a friend to the library and check out a movie together.

21

Earth Day

22

Put on music and dance and clap to the beat.

23

Pink week: look for things that are pink this week.

24

Draw a picture of spring.

25

Have your child begin to learn his/her birth date and age.

26

Practice writing the ABCs.

27

Practice printing by tracing the letters of your child's name on a piece of paper.

28

Practice writing numbers 1–10.

29

Practice fire safety: stop, drop & roll.

30

Good media resources for four- and five-year olds

Websites

- www.pbskids.org
- www.pbs.org/parents
- www.sesameworkshop.org/sesamestreet/DVDs
- See How They Grow series from DK and Sony Wonder
- PBS Series (Sid the Science Kid, Super WHY, WordWorld)
- Sesame Street series (Kids Favorite Songs, Sing Hoot and Howl with the Sesame Street Animals, Learning About Numbers)

Books

- *Bot + Boy* by Ame Dyckman, Illustrations by Dan Yaccarino
- *Doll-E 1.0* by Shanda McCloskey
- *Tea With Grandpa* by Barney Saltzberg
- *Doug Unplugged* by Dan Yaccarino
- *Unplugged* by Steve Anthony
- *Hair Love* by Matthew A. Cherry, Illustrations by Vashti Harrison

Play and learn

- Turn household chores into learning games — match socks as you fold laundry or line up canned goods by size. These activities can build math and cooperation skills. Feeling useful also helps children feel good which encourages them to continue to want to be helpful.
- Children can help set the table. Extend their memory by giving 3 step directions (Please get the milk from the refrigerator. Set it on the table. Get the napkins).
- Make matching pairs of cards with stickers, drawings or pictures cut from magazines.
- Use Legos to create color patterns. Have your child continue the pattern: red, yellow, black, red, ... what comes next?
- Play seek and find. “Find something yellow in the kitchen.” “Find something that is square.”
- Pour and measure together in the kitchen, the bathtub or use a bucket of water outside on a hot summer day filled with measuring spoons and cups.

MAY 2022



Sunday

Ramadan Ends

1

Monday

Find things that begin with the sound of the letter “L.” Say the name of the letter.

2

Tuesday

Make up non-sense rhymes and laugh together.

3

Wednesday

Play with measuring cups and water outside.

4

Thursday

Cinco de Mayo
Library Day!

5

Friday

Play Simon Says. Focus on exercise activities (hopping, bending over, touching toes).

6

Saturday

Remember to say “please” and “thank you” today.

7

Mother's Day

8

Count from 1 to 10 or as high as your child can count.

9

Look through old magazines and cut out circles, squares, and rectangles.

10

Sing a favorite song with your child.

11

Practice the ABC song.

12

Name words that rhyme with “can.”

13

Visit the zoo or read a book about animals.

14

Start a Brightstart College Savings account at www.brightstartsavings.com.

15

Help your child practice shoe tying.

16

Practice writing numbers 1–10.

17

Play "I Spy." (Remember to include black objects.)

18

Library Day!

19

Help a neighbor today.

20

Sort coins into groups by color or size.

21

Black week: look for things that are black this week.

22

Write ABCs or family names.

23

After listening to a story, have your child tell you what happened first, next, and last.

24

Find things around the house that are square, circular, and rectangular.

25

Play hopscotch.

26

Play a game together such as Memory or Go Fish.

27

Keep the TV off today. Read books and play games instead.

28

Squirt water on the sidewalk and time how long it takes to evaporate. Ask "How long do you think it will take?"

29

Memorial Day
Go outside and play catch.

30

Help your child write his/her name.

31

Good books for four- and five-year olds

- *Let's Count Goats* by Mem Fox, Illustrations by Jan Thomas
- *Drum Dream Girl: How One Girl's Courage Changed Music* by Margarita Engle, Illustrations by Rafael López
- *Monsters Love Colors* by Mike Austin
- *Let's Play!* by Hervé Tullet
- *How Do You Say? / ¿Cómo Se Dice?* by Angela Dominguez
- *Shape Up, Construction Trucks!* by Victoria Allenby
- *Play Like an Animal!* by Maria Gianferrari, Illustrations by Mia Powell



Critical thinking and problem solving

- Cut out pictures or gather items that go together and ask your child to match: shoe & sock; flower & vase; car & tire; fork & spoon, etc.
- When your child becomes frustrated while playing a game or playing with a friend, refrain from jumping in and solving the problem. Instead, ask questions and guide your child by asking “How did that happen?” and “What can you do differently?”
- Ask your child for their opinion on simple problems such as “Should we wash the car or take a walk?” Then

follow up with “Why?” Or in the grocery store ask “Chicken or fish for dinner?”

- Hide common objects from the house in a box or bag. Ask your child to close his/her eyes and reach inside. Don’t pull the item out but feel it and try to guess what it is.
- Cook in the kitchen together and ask questions as you mix and stir and bake. “What will happen when we add this milk to the flour?” “What will happen to the frosting when I add this drop of food coloring?”

JUNE 2022



Sunday



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Practice writing numbers 1–20.

1

Library Day!

Review “stranger danger” rules.

2

Color a picture together. Cut it into puzzle pieces and try to put it back together.

3

Find things that begin with the sound of the letter “S.”

4

White week: look for things that are white this week.

5

Reminder: Did you schedule a kindergarten physical and dental exam?

6

Make a picnic lunch with your child and eat outside.

7

Practice fire safety: stop, drop & roll.

8

Play a game of Go Fish or Old Maid.

9

Bake a cake together today.

10

Plant flowers together in a pot or in the ground and water the flowers.

11

Have your child invite a friend over to play. **12**

Have you scheduled an eye exam? **13**

Flag Day **14**
Have your child match socks as you fold laundry.

Cut up an old greeting card in puzzle-like shapes. Ask your child to fit the pieces back together. **15**

Library Day! **16**

Work on a puzzle together. **17**

Draw a picture of fun things to do in the summer. **18**

Father's Day **19**

Go outside and ask your child to repeat patterns: step-step-jump, clap-clap-pat, etc. **20**

Summer begins **21**

Practice writing numbers 1–20. **22**

Count groups of ten using a cereal like Cheerios™ **23**

Start a nursery rhyme and have your child finish it. **24**

Draw shapes outside using sidewalk chalk. **25**

Find small scoops, cups, and balls around the house. Use them for waterplay outside. **26**

Continue teaching your child his/her phone number and address. **27**

Make lemonade. Ask your child to help measure ingredients. **28**

Read a story to your child. Point to each word as you read. **29**

Library Day! **30**

Good books for four- and five-year olds

- *Unstoppable* by Adam Rex, Illustrations by Laura Park
- *When Sophie Thinks She Can't ...* by Molly Bang
- *What's Up Bear?* by Frieda Wishinsky
- *Have You Seen My Trumpet?* by Michaël Escoffier, Illustrations by Kris Di Giacomo
- *Do You Know Which Ones Will Grow* by Susan A. Shea, Illustrations by Tom Slaughter
- *You Are Not Small* by Anna Kang, Illustrations by Christopher Weyant
- *Jabari Tries* by Gaia Cornwall
- *The Little Red Fort* by Brenda Maier, Illustrated by Sonia Sanchez
- *B. Bear & Lolly: Catch That Cookie!* by A. A. Livingston



All about me

- Make a book by stapling or tying blank pages together with yarn.
- Find photos of your child to put in the book. Give them magazines to cut out pictures of things they like.
- Ask your child questions and write the question and their exact answer in the book: My name is _____; I like to _____; My favorite food is _____; My favorite color is _____; I like it when my mom _____; etc
- Make another page of personal information your child should know and practice this often: My name is _____; I am a _____; I was born on _____; My address is _____; My phone number is _____; I'm allergic to _____; In an emergency I should call _____; etc.

JULY
2022



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

■ **Seven positives.** Did you know on average it takes seven positive comments to balance the effect of just one negative comment? Saying “good girl” or “good boy” isn’t enough. Be specific and tell your child what was good about it. For example, “Wow. That tower is the tallest you’ve ever built. You worked really hard on it and I like the columns on the side.”



Draw a picture of your family and have your child say the first and last names of each member.

1

Write simple names or words.

2

Have your child retell a story or event in order (first, middle, last).

3

Independence Day

4

Play a toss game together.

5

Have your child find things that are his/her favorite color.

6

Continue teaching your child his/her phone number and address.

7

Play “I Spy” for the number 1.

8

Pick two books to read today.

9

Find your child's favorite color throughout this week.

10

Find objects that rhyme with "pig."

11

Play a "freeze" game or "Stop and Go."

12

Have your child invite a friend over to play.

13

Library Day!

14

Find things that begin with the sound of the letter "T."

15

Visit a farmers' market.

16

Explore a different culture! Read and talk about it.

17

Fly a kite.

18

Practice writing letters and numbers.

19

Have a dance party.

20

Count to 101.

21

Pick a game for family game night.

22

Practice naming opposites, like up/down, on/off, etc.

23

Picnic day.

24

Count pennies... count as high as you can.

25

Practice fire safety: stop, drop & roll.

26

Go outside and play Hopscotch or swing.

27

Library Day!

28

Make sun tea or lemonade together. Share with a friend.

29

Take a walk and count the trees or other things you see.

30

31

Good books for four- and five-year olds

- *Last Stop on Market Street* by Matt de la Peña, Illustrations by Christian Robinson
- *Ho'onani: Hula Warrior* by Heather Gale, Illustrations by Mika Song
- *The Family Book* by Todd Parr
- *Remarkably You* by Pat Zietlow Miller, Illustrations by Patrice Barton
- *Why Am I Me?* by Paige Britt, Illustrated by Sean Qualls and Selina Alko
- *I Like Myself* by Karen Beaumont, Illustrations by David Catrow
- *Our Favorite Day of the Year* by A. E. Ali, Illustrations by Rahele Jomepour Bell
- *I'm Gonna Like Me: Letting Off a Little Self-Esteem* by Jamie Lee Curtis. Illustrations by Laura Cornell

Get ready!

- Before the first day of school, choose school supplies and label them.
- Play school together and take turns being the teacher.
- Eat a meal from a lunch box or tray. Show your child how to clean up and open milk/juice cartons.
- Visit your child's school and explore the classroom and playground.
- Talk about the kinds of things they will be doing at school.
- Two weeks before school starts, adjust your child's bed time to what it will be during the school year.
- Create a healthy routine that allows time for family meal, homework, play, bath, teeth brushing and a bedtime story.
- Practice zippers, buttons, opening backpack, putting on tennis shoes. Not all children have mastered shoe tying by the first day of school and that's OK. Just remember to practice once in a while.

AUGUST 2022



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Draw a picture of your new school.

1

Put together a puzzle with your child.

2

Make a tent inside. Read books in it.

3

Make extra snuggle time today.

4

Play "I Spy Colors."

5

Shop for school supplies.

6

Adjust bed-time to what it will be when school starts.

7

Practice zipping and buttoning.

8

Adjust your child's daily routine to match their school routine.

9

Visit your new school and play on the playground.

10

Library Day!

11

Find words that rhyme with "me."

12

Label school supplies together.

13

Pretend it is the first day of school. Practice ways to say goodbye.

14

Practice writing numbers 1–25.

15

As you pick out fruits and vegetables at the grocery store, have your child name the colors.

16

Draw a picture. Talk about it. Write what your child says.

17

Talk about your day at dinner.

18

Count how many red clothes you have.

19

Look for things that begin with “P.” Point out the letter “P” in print.

22

Cut pictures out of magazines.

21

Organize what your child will need for the first day of school.

22

Play with ice cubes outside. Watch how fast they melt.

23

Read a book about going to school and ask your child to retell the story.

24

Library Day!

25

Help your child write his/her name and identify each letter.

26

Read an extra book. Spend extra time snuggling.

27

Continue teaching your child his/her phone number and address.

28

Name all the foods on your plate. What is your favorite?

29

Use addition and subtraction words like “I have one cookie and you have two cookies. That makes three cookies.”

30

Have your child talk about the steps in the planting project.

31

Good books for four- and five-year olds

- *Lena’s Shoes Are Nervous: A First-Day-of-School Dilemma* by Keith Calabrese, Illustration by Juana Medina
- *All Are Welcome* by Alexandra Penfold, Illustrated by Suzanne Kaufman
- *How Do Dinosaurs Go to School* by Jane Yolen
- *Monkey Not Ready for Kindergarten* by Marc Brown
- *School’s First Day of School* by Adam Rex, Illustrations by Christian Robinson
- *Mission: Back to School: Top-Secret Information* by Susan Hood, Illustrations by Mary Lundquist
- *The King of Kindergarten* by Derrick Barnes, Illustrations by Vanessa Brantley-Newton



Kindergarten Registration Information

All parents/legal guardians of children who will be five years of age on or before September 1 are encouraged to register their children for kindergarten.

Early registration begins as early as March 1 for some schools. Check with your local school district for your kindergarten registration information.

In most cases, the parent/legal guardian will need to bring the following for kindergarten registration:

- Child's official birth certificate (with raised seal)
- Child's social security number

- Proof of residency (required for all registrants) — copy of signed mortgage, contract to build or lease agreement showing the owner/resident's name and address OR TWO of the following items:
 - Utility bills which have the name and address of the resident
 - Valid driver's license
 - Voter registration card
 - State medical card
 - Notarized affidavit of residency from the parent or person with whom the child is residing, affirming that the child eats and sleeps at the residence

All students entering kindergarten must provide documentation of a current physical examination and immunizations PRIOR to starting school, AND proof of a dental exam. You do not need proof of a physical or dental exam to register your child.

It is recommended that you make your child's appointments for a kindergarten physical and dental exam by April or even earlier! Students who do not have physical and dental exams by the first day of school may not be allowed to attend school.



Kindergarten Readiness Websites

- Early Learning Tip Sheet with links: illinoisearlylearning.org/relists/getready-kindergarten/
- Games, articles, and resources to make back-to-school fun: www.scholastic.com/parents/resources/collection/back-to-school/back-to-school-start-smart
- Kindergarten milestones and skill builders by subject: www.familyeducation.com/school-learning/kindergarten
- Getting School Ready! Guide (available in several languages, including Spanish and Chinese). This free downloadable brochure provides tips to help parents prepare their children for entering kindergarten: thrivewa.org/gettingschoolready/

Local Libraries

Our local libraries circulate books, magazines, DVDs, CDs, toys and kits, books on tape, large print books, and other materials. Many provide programs for children six months and older.

- **Champaign Public Library**
200 W. Green
Champaign, IL 61820-5193
Main: 403-2000
Youth Dept.: 403-2030
www.champaign.org
- **Douglass Branch Library**
504 E. Grove St.
Champaign, IL 61820 • 403-2090
www.champaign.org
- **Homer Community Library**
500 E. 2nd St.
Homer, IL 61849-1223 • 896-2121
homervillage.com/HomerLibrary.htm
- **Mahomet Public Library District**
1702 E. Oak St.
Mahomet, IL 61853 • 586-2611
www.mahometpubliclibrary.org
- **Ogden Rose Public Library**
103 W. Main
Ogden, IL 61859 • 582-2411
ogdenroselibrary.blogspot.com/
- **Philo Public Library District**
115 E. Washington
Philo, IL 61864-0199 • 684-2896
www.philolibrary.info
- **Rantoul Public Library**
106 W. Flessner
Rantoul, IL 61866 • 893-3955
www.rantoul.lib.il.us
- **Sidney Community Library**
221 S. David St.
Sidney, IL 61877 • 688-2332
- **St. Joseph Township Swearingen Memorial Library**
201 N. Third St.
St. Joseph, IL 61873 • 469-2159
www.stjosephtownshiplibrary.info
- **Tolono Public Library District**
111 Main St. • P. O. Box 759
Tolono, IL 61880-0759 • 485-5558
www.tolonolibrary.org
- **Urbana Free Library**
210 W. Green St.
Urbana, IL 61801-3283
Main: 367-4057
Children's Dept.: 367-4069
www.urbanafreelibrary.org

CHILDHOOD IMMUNIZATION

Recommended schedule, birth to 18 years.

Immunizations are done by appointment only. Call 217-531-4317 in Champaign County to schedule. Parent or legal guardian must sign consent forms. Must bring current shot record. Charges may vary for each immunization, public aid card/cash/check/or billing.

- DTaP: Give at 2 months, 4 months, 6 months, and 15-18 months. Booster dose at 4-6 years.
- IPV: Give at 2 months, 4 months, and 6 months. Booster dose at 4-6 years.
- Hib: Give at 2 months, 4 months, and 6 months. Booster dose at 12-15 months.
- Rotavirus: Given at 2 months, 4 months, and 6 months. Series cannot be started after 15 weeks.
- Hepatitis A: Dose #1 at 12 months. Dose #2, given 6 months after #1.
- Hepatitis B: Give at birth to 2 months, #2 at 4 months, and #3 at 6 months or older.
- Prevnar: Give at 2 months, 4 months, 6 months, and 12-15 months.
- MMR/MMRV: Dose #1 given at 12-15 months. Booster at 4 to 6 years.
- HPV: Given to boys and girls age 11-14 years with 1st dose prior to age 15 (only two doses are needed 6 months apart). If a boy or girl receives 1st dose after 15th birthday then a three dose schedule is required (1st dose, two months later – 2nd dose, and four months after 2nd dose the 3rd dose is given).
- Td/Tdap: Booster every 10 years. Required prior to 6th grade and high school entry in Illinois.
- Meningitis: 1st dose age 11-12 years required for 6th grade entry, 2nd dose 16-18 years required for 12th grade entry.
- Pediarix (Dtap, IPV and Hep B) and Comvax (Hib/HepB) may be used to reduce the number of immunizations given to infants.

The CUPHD Immunization Programs follow the recommended immunization schedule outlined by the ACIP (Advisory Committee on Immunization Practices), AAP (American Academy of Pediatrics), and the AAFP (American Academy of Family Physicians).

Champaign County Elementary Schools

CHAMPAIGN SCHOOL DISTRICT #4

Champaign Administration

Mellon Administrative Center
703 South New Street
Champaign, IL 61820 · 351-3800

Barkstall Elementary School

2201 Hallbeck Drive
Champaign, IL 61822 · 373-5580

Booker T. Washington Elementary School

606 East Grove Street
Champaign, IL 61820 · 351-3901

Bottenfield Elementary School

1801 South Prospect Ave.
Champaign, IL 61820 · 351-3807

Carrie Busey Elementary School

304 Prairie Rose Ln
Savoy, IL 61874 · 351-3811

Dr. Howard Elementary School

1117 West Park Avenue
Champaign, IL 61821 · 351-3866

Garden Hills Elementary School

2001 Garden Hills Drive
Champaign, IL 61821 · 351-3872

International Prep Academy

1605 West Kirby Ave
Champaign, IL 61821 · 351-3995

Kenwood Elementary

1001 Stratford Dr
Champaign, IL 61821 · 351-3815

Robeson Elementary School

2501 Southmoor Drive
Champaign, IL 61821 · 351-3884

South Side Elementary School

712 South Pine Street
Champaign, IL 61820 · 351-3890

Stratton Academy of the Arts

902 North Randolph Street
Champaign, IL 61820 · 373-7330

Westview Elementary School

703 South Russell
Champaign, IL 61821 · 351-3905

FISHER SCHOOL DISTRICT #1

Fisher Elementary School

801 S 5th St
Fisher, IL 61843 · 897-1133

GIFFORD SCHOOL DISTRICT #188

Gifford Grade School

406 South Main, Box 70
Gifford, IL 61847 · 568-7733

HERITAGE SCHOOL DISTRICT #8

Heritage Junior High and Elementary School

512 West First
Homer, IL 61849 · 896-2421

LUDLOW SCHOOL DISTRICT #142

Ludlow School

245 South Orange, Box 130
Ludlow, IL 60949 · 396-5261

MAHOMET-SEYMOUR SCHOOL DISTRICT #3

Lincoln Trail Elementary School

102 East State, Box 200
Mahomet, IL 61853 · 586-2811

Middletown Prairie Elementary School

1301 South Bulldog Drive
Mahomet, IL 61853 · 586-5833

OGDEN COMMUNITY SCHOOL DISTRICT #212

Prairieview-Ogden South Elementary School

106 N Vine Street
Royal, IL 61871

PRAIRIE VIEW OGDEN SCHOOL DISTRICT #197

Prairie View Ogden North

PO Box 27
Royal, IL 61871 · 538-3300

Prairie View Ogden South

304 N Market
Ogden, IL 61859 · 582-2725

RANTOUL CITY SCHOOLS #137

Broadmeadow School

500 Sunview
Rantoul, IL 61866 · 893-5405

Eastlawn School

650 North Maplewood Drive
Rantoul, IL 61866 · 893-5404

Northview School

400 North Sheldon
Rantoul, IL 61866 · 893-5403

Pleasant Acres School

1625 Short Street
Rantoul, IL 61866 · 893-5402

ST. JOSEPH SCHOOL DISTRICT #169

St. Joseph Grade School

404 South Fifth Street, Box 409
St. Joseph, IL 61873 · 469-2291

THOMASBORO CONSOLIDATED SCHOOL DISTRICT #130

Thomasboro Grade School

201 North Phillips, Box 99
Thomasboro, IL 61878 · 643-3275

TOLONO SCHOOL DISTRICT #7

Unity East Elementary School

1638 County Road 1000 N
Philo, IL 61864 · 684-5218

Unity West Elementary School

1035 County Road 600 N
Tolono, IL 61880 · 485-3918

URBANA SCHOOL DISTRICT #116

Urbana Administration

Jean F. Burkholder Administrative
Service Center
205 N. Race Street
Urbana, IL 61801 · 384-3600

Wiley Elementary School

1602 South Anderson Street
Urbana, IL 61801 · 384-3670

Leal Elementary School

312 West Oregon Street
Urbana, IL 61801 · 384-3618

Martin Luther King Jr.

Elementary School
1108 West Fairview Avenue
Urbana, IL 61801 · 384-3675

Dr. Preston L. Williams Jr. Elementary

2102 East Washington Street
Urbana, IL 61802 · 384-3628

Thomas Paine Elementary School

1801 James Cherry Drive
Urbana, IL 61802 · 384-3602

Yankee Ridge Elementary School

2102 South Anderson Street
Urbana, IL 61801 · 384-3607

NON-PUBLIC SCHOOLS

Calvary Baptist Christian Academy

2106 E. Windsor Road
Urbana, IL 61802 · 367-2262

Canaan Academy

207 North Central Avenue
Urbana, IL 61801 · 367-6590

Countryside School

4301 West Kirby
Champaign, IL 61822 · 355-1253

Holy Cross Elementary School

410 West White Street
Champaign, IL 61820 · 356-9521

Judah Christian School

908 North Prospect Avenue
Champaign, IL 61820 · 359-1701

Devonshire KinderCare

410 Devonshire Drive
Champaign, IL 61820 · 356-9000

The Montessori School of Champaign Urbana

1403 Regency Drive East
Savoy, IL 61874 · 356-1818

Next Generation School

2521 Galen Drive
Champaign, IL 61821 · 356-6995

St. John Lutheran School

509 South Mattis Avenue
Champaign, IL 61821 · 359-1714

St. Malachy School

340 East Belle Avenue
Rantoul, IL 61866-1804 · 892-2011

St. Matthew School

1307 Lincolnshire Drive
Champaign, IL 61821 · 359-4114

University Primary School

51 Gerty Drive
Champaign, IL 61820 · 333-3996

Parent Resources

DEVELOPMENTAL SCREENINGS

All children develop in unique ways and at different rates. Screenings are a fun and comfortable way to learn how a child is developing, and to address developmental questions parents and caregivers may have.

Champaign County residents can have their children screened by calling their local school district:

- Champaign: (217) 351-3881
- *Urbana: (217) 384-3616
- Mahomet-Seymour: (217) 586-5833
- Rural Champaign County: (217) 892-8877
- *Developmental Services Center: (217) 356-9176

*Can do birth to 3 year old screenings.

OTHER RESOURCES

AMERICAN ACADEMY OF PEDIATRICS

www.aap.org

Health and wellness information for families including information on developmental stages, immunizations, and parenting.

2-1-1 or **www.211.org**

A FREE confidential phone hotline available 24/7/365 to answer questions and provide referrals. Call whenever you need assistance with emergency shelter, food pantries, day care, rent or utility assistance, elderly care, mental health services, employment, health resources, domestic abuse, education, vocational training, disability resources, counseling, disaster recovery, or drug and alcohol rehabilitation.



CHAMPAIGN COUNTY HOME VISITING CONSORTIUM

Are you a parent of a child under age five and would like support around parenting and resources for you or you and your child? There's a group of home visiting programs in Champaign County that would love to connect with you. The Champaign County Home Visiting consortium makes sure that every child has what they need to succeed and every parent has the support they need. Please call 217-384-3616 for additional information to get you connected with a home visiting program that best fits your family's needs.

PARENTING 24/7

parenting247.org

News, information, and advice on parenting and family life designed for parents and grandparents of children ages newborn to teen. Features include articles with research-based information, video clips of parents and experts discussing timely age-based topics, breaking news and commentary, newsletters, and recommendations to the best parenting resources on the web.

SCHOLASTIC

www.scholastic.com/parents/

Provides information, activities, and advice for parents with a focus on literacy and learning.

PBS PARENTS

www.pbs.org/parents

Information about child development and fun educational activities for children to help get them ready for school.

READING ROCKETS

www.readingrockets.org

Reading Rockets offers a wealth of strategies, lessons, and activities designed to help young children learn to read.

THE ILLINOIS EARLY LEARNING PROJECT

illinoisearlylearning.org/resources/relists/

Provides evidence-based, reliable information on early care and education for parents, caregivers, and teachers of young children in Illinois. The site offers printable Tip Sheets for caregivers and parents, Frequently Asked Questions (and their answers), a customized question-answering service, a statewide calendar of events for parents and caregivers, and links to "The Best of the Web" on topics related to early care and education.

BORN LEARNING

www.bornlearning.org

Site provides resources to help parents, caregivers, and communities support early learning.

ZERO TO THREE

www.zerotothree.org

Provides information about child development and care in areas such as early brain development, early language and literacy, and play.

40 Developmental Assets for Early Childhood

The Search Institute has identified forty building blocks that are essential for helping children become healthy, caring, and responsible individuals. These building blocks, also called Developmental Assets™, are competencies that children develop through their experiences with people in their world (parents, teachers, child care providers, librarians, bus drivers, and others).

EXTERNAL ASSETS

SUPPORT

- 1.** Family support—Parent(s) and/or primary caregiver(s) provide the child with high levels of consistent and predictable love, physical care, and positive attention in ways that are responsive to the child's individuality.
- 2.** Positive family communication—Parent(s) and/or primary caregiver(s) express themselves positively and respectfully, engaging young children in conversations that invite their input.
- 3.** Other adult relationships—With the family's support, the child experiences consistent, caring relationships with adults outside the family.
- 4.** Caring neighbors—The child's network of relationships includes neighbors who provide emotional support and a sense of belonging.
- 5.** Caring climate in child-care and educational settings—Caregivers and teachers create environments that are nurturing, accepting, encouraging, and secure.
- 6.** Parent involvement in child care and education—Parent(s), caregivers, and teachers together create a consistent and supportive approach to fostering the child's successful growth.

- The more assets children have the better. Research shows that adolescents who report having more assets are more likely to be successful in school and in their personal life. The Search Institute has found that most adolescents have only 18 to 20 of these 40 Developmental Assets™.
- Starting early is critical to helping children build assets. Your use of this Kindergarten Readiness Calendar is a great start.
- Review the Developmental Assets™ list below and see how you can help children entering kindergarten build their assets.

15. Positive peer relationships—Parent(s) and caregivers seek to provide opportunities for the child to interact positively with other children.

CONSTRUCTIVE USE OF TIME

- 16.** Positive expectations—Parent(s), caregivers, and teachers encourage and support the child in behaving appropriately, undertaking challenging tasks, and performing activities to the best of her or his ability.
- 17.** Play and creative activities—The child has daily opportunities to play in ways that allow self-expression, physical activity, and interaction with others.
- 18.** Out-of-home and community programs—The child experiences well-designed programs led by competent, caring adults in well maintained settings.
- 19.** Religious community—The child participates in age-appropriate religious activities and caring relationships that nurture her or his spiritual development.
- 20.** Time at home—The child spends most of her or his time at home participating in family activities and playing constructively, with parent(s) guiding TV and electronic game use.

29. Honesty—The child begins to understand the difference between truth and lies, and is truthful to the extent of her or his understanding.

30. Responsibility—The child begins to follow through on simple tasks to take care of her- or himself and to help others.

31. Self-regulation—The child increasingly can identify, regulate, and control her or his behaviors in healthy ways, using adult support constructively in particularly stressful situations.

SOCIAL COMPETENCIES

- 32.** Planning and decision making—The child begins to plan for the immediate future, choosing from several options and trying to solve problems.
- 33.** Interpersonal skills—The child cooperates, shares, plays harmoniously, and comforts others in distress.
- 34.** Cultural awareness and sensitivity—The child begins to learn about her or his own cultural identity and to show acceptance of people who are racially, physically, culturally, or ethnically different from her or him.

EMPOWERMENT

- 7.** Community cherishes and values young children—Children are welcomed and included throughout community life.
- 8.** Children seen as resources—The community demonstrates that children are valuable resources by investing in a child-rearing system of family support and high-quality activities and resources to meet children's physical, social, and emotional needs.
- 9.** Service to others—The child has opportunities to perform simple but meaningful and caring actions for others.
- 10.** Safety—Parent(s), caregivers, teachers, neighbors, and the community take action to ensure children's health and safety.

BOUNDARIES & EXPECTATIONS

- 11.** Family boundaries—The family provides consistent supervision for the child and maintains reasonable guidelines for behavior that the child can understand and achieve.
- 12.** Boundaries in child-care and educational settings—Caregivers and educators use positive approaches to discipline and natural consequences to encourage self-regulation and acceptable behaviors.
- 13.** Neighborhood boundaries—Neighbors encourage the child in positive, acceptable behavior, as well as intervene in negative behavior in a supportive, nonthreatening way.
- 14.** Adult role models—Parent(s), caregivers, and other adults model self-control, social skills, engagement in learning, and healthy lifestyles.

INTERNAL ASSETS

COMMITMENT TO LEARNING

- 21.** Motivation to mastery—The child responds to new experiences with curiosity and energy, resulting in the pleasure of mastering new learning and skills.
- 22.** Engagement in learning experiences—The child fully participates in a variety of activities that offer opportunities for learning.
- 23.** Home-program connection—The child experiences security, consistency, and connections between home and out-of-home care programs and learning activities.
- 24.** Bonding to programs—The child forms meaningful connections with out-of-home care and educational programs.
- 25.** Early literacy—The child enjoys a variety of pre-reading activities, including adults reading to her or him daily, looking at and handling books, playing with a variety of media, and showing interest in pictures, letters, and numbers.

POSITIVE VALUES

- 26.** Caring—The child begins to show empathy, understanding, and awareness of others' feelings.
- 27.** Equality and social justice—The child begins to show concern for people who are excluded from play and other activities or not treated fairly because they are different.
- 28.** Integrity—The child begins to express her or his views appropriately and to stand up for a growing sense of what is fair and right.

35. Resistance skills—The child begins to sense danger accurately, to seek help from trusted adults, and to resist pressure from peers to participate in unacceptable or risky behavior.

36. Peaceful conflict resolution—The child begins to compromise and resolve conflicts without using physical aggression or hurtful language.

POSITIVE IDENTITY

- 37.** Personal power—The child can make choices that give a sense of having some influence over things that happen in her or his life.
- 38.** Self-esteem—The child likes her- or himself and has a growing sense of being valued by others.
- 39.** Sense of purpose—The child anticipates new opportunities, experiences, and milestones in growing up.
- 40.** Positive view of personal future—The child finds the world interesting and enjoyable, and feels that he or she has a positive place in it.

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Places to Go in Champaign County

Young children are curious about the world around them. Introduce your child to new things: parks, zoos, museums, hiking, sporting events, and restaurants. Invite a friend! Here are some fun places to go with your child. Visit the web site www.chambanamoms.com for current children's activities throughout Champaign County.

FARMERS MARKET

Champaign Farmers Market

Parking Lot M off Neil St between Washington and Main

Fresh produce, homemade food & craft items.

www.thelandconnection.org/market

Champaign Country Fair Farmers' Market

229 S Mattis Avenue

www.farmersmarketonline.com/fm/

ChampaignCountryFairFarmersMarket.html

Champaign Historic North First Street Market

Cooking demonstrations, children's garden, family friendly events. www.localharvest.org/farmers-market-on-historic-north-first-street-M27502

Urbana's Market at the Square

Corner of Illinois and Vine St, Urbana • 384-2319

Homemade craft items, fresh produce, music, and more. 3rd Sat of the Month for kids 3–8.

Prairie Fruits Farm and Creamery

4410 N Lincoln Ave, Champaign

Selling gelato and cheese. Visit the goats, too.

www.prairiefruits.com

PARKS & PLAYGROUNDS

Ambucs Park

1140 E University Ave, Urbana

Accessible playground, picnic tables.

www.urbanaparks.org/parks/ambucs-park

Blair Park

1402 S Vine St, Urbana

Ball fields, playground, shuffleboard courts.

www.urbanaparks.org/parks/blair-park

Busey Woods/Anita Purves Nature Center

1505 N Broadway Ave, Urbana • 384-4062

Closed Sundays

Hiking trails, wildlife viewing and nature programs.

Indoor nature center with exhibits.

www.urbanaparks.org/parks/natural-areas

Crystal Lake Park

206 W Park St, Urbana • 328-1069

Playground, paddle boats, dock fishing, lighted sledding hill. www.urbanaparks.org/park/crystal-lake-park

First Christian Church Indoor Playground & Track

3601 S Staley Rd, Champaign • 356-1649

Indoor playground and track, soft walking and playing surface, open to the public. Free WIFI, eating area.

www.fcc-online.org/kidsstudents/indoor-playground

Heritage Lake Park

910 Titan St Rantoul, IL 61866

Fishing, picnic tables, playground, horseshoe pits, pavilion and bridges connecting small islands.

www.village.rantoul.il.us/facilities/facility/details/heritage-lake-9

POOLS & WATER PLAY

Crystal Lake Park Family Aquatic Center

1401 N Broadway, Urbana • 239-7946

Visit website or call for hours and pricing.

Open Memorial Day–Labor Day.

Waterslides, climbing wall, sand play area, activity pool, vortex, water-based fitness classes, swim lessons.

www.urbanaparks.org/facilities/crystal-lake-park-family-aquatic-center/

Hessel Park Water Play

1401 Grandview Dr, Champaign • 398-2550

11am–3pm & 5pm–7pm, Memorial Day–Labor Day

Free water play area with in-ground sprays.

www.champaignparks.com/hessel-waterplay

Hap Parker Family Aquatic Center

320 W Flessner, Rantoul • 893-5700

Two water slides, water toys for children, concession stand, picnic tables, and more.

Sholem Aquatic Center

2205 W Sangamon Dr, Champaign • 398-2581

Seasonal passes available. Open May 24–Sept 1.

Water slides, activity pool, lap pool, kiddie pool, bath-house and concession stand.

champaignparks.com/facility/sholem-aquatic-center/

Urbana Indoor Aquatic Center

102 E Michigan Ave, Urbana • 384-7665

Indoor pools and water playground, water geysers, rain drop umbrella toy, and dinosaur slide.

www.urbanaparks.org/facilities/urbana-indoor-aquatics-center

MUSEUMS

Champaign County History Museum

102 E University Ave, Champaign • 356-1010

Located in the historic Cattle Bank, the museum features exhibits highlighting county history.

www.champaignmuseum.org

Krannert Art Museum & Kinkead Pavilion (U of I)

500 E Peabody Dr, Champaign • 333-1861

Info: 333-1860

Second largest public art museum in Illinois.

www.Kam.illinois.edu

Museum of the Grand Prairie

950 N Lombard St, Illinois Route 47 N,
Mahomet • Free admission

Extensive collection interpreting 19th/20th Century life in east-central Illinois. Discovery Room offers hands-on opportunities and educational programs for all ages.

www.museumofthegrandprairie.org

Monticello Railway Museum

PO Box 401 992 Iron Horse Place,
Monticello • 762-9011

(Take Market St exit, turn at the stoplight onto Iron Horse Place at the Best Western, follow the frontage road to end.)

Museum displays cars, materials and artifacts relating to railroading. Also offers seven mile roundtrip train rides on weekends and some holidays from May through October. www.mrym.org

Museum of Natural History (U of I)

1301 W Green St, Urbana • 333-2517

Building hallway exhibits on biology and geology available to visitors when University is in session.

The Spurlock Museum (U of I)

Closed Monday

600 S Gregory St, Urbana • 333-2360

Educational resource center features permanent cultural galleries celebrating Africa, Egypt, Europe, Asia, Oceania, Americas, and Ancient Mediterranean.

www.spurlock.illinois.edu

Hessel Park

1400 Grandview Dr, Champaign • 398-2591

Water play area and playground.

Kaufman Lake (Champaign Park District)

2702 W Springfield Ave, near Duncan Rd • 398-2570

Trails around lake, picnic areas, fishing, biking, ice-skating in winter.

Lake of the Woods Forest Preserve

109 S Lake of the Woods Rd, Mahomet • 586-3360

10 miles west of Champaign/Urbana off I-74 near Mahomet, Exit 172 or 174

Boating, paddle boat rentals, fishing, hiking, sledding, and plenty of play areas.

Meadowbrook Park

101 W Windsor Rd Urbana • 344-2144

Concrete bike trail, hiking trail, sculptures, herb garden, open field, and playground.

Prairie Park

E Washington St, Urbana • 367-1544

Large wooden play structure with sandbox, swings, bridges, tunnels, slides, and more.

West Side Park

400 E University Ave, Champaign

Playground, fountain, and walking paths.

Windsor Road Christian Church Indoor Playground

2501 Windsor Rd Champaign • 359-2122

Climbing, slides, and play area

OTHER

Anita Purves Nature Center and Busey Woods

1505 N Broadway, Urbana • 384-4062

Mon–Fri 8am–5pm, Sat 9am–4pm, Closed Sundays

Nature shop, multipurpose room, park, forest preserve.

www.urbanaparks.org/parks/natural-areas

Curtis Orchard and Pumpkin Patch

3902 S Duncan Rd, Champaign • 359-5565

Open July 20–December, hours vary by season

Pick your own apples and pumpkins in season. Petting zoo, mazes, horseback rides, and more.

www.curtisorchard.com

Hardy's Reindeer Ranch

1356 CR 2900 N, Rantoul • 893-3407

Fall–Christmas

Chuck-wagon barbeque, corn maze, Christmas wonderland, and more. www.reindeerranch.com

Prairie Farm Petting Zoo

Centennial Park

2202 Kirby Ave, Champaign • 398-2583

Mon–Sun 1–7pm, Memorial Day–mid-August

Traditional farm animals and petting zoo.

Sailfin Pet Shop

720 S Neil St, Champaign • 352-1121

Visit the fish, turtles, snakes & other aquarium species.

www.sailfin.com

William M. Staerkel Planetarium

Parkland College

2400 W Bradley Ave, Champaign • 351-2446

Show hotline: 351-2446

Star shows, light shows, science education programs.



Getting Ready for KINDERGARTEN

The United Way of Champaign County is dedicated to bringing people and resources together to create positive change and lasting impact in our community. We focus a portion of funds raised locally on strategies that provide a firm foundation for our youngest residents so they can grow and develop into successful middle and high school students. Ultimately, graduating with a plan and the skills needed to implement that plan so they can be productive, contributing members of their community.

We do this in partnership with the Champaign Urbana Cradle to Career Initiative (CUC2C). By serving as the CUC2C anchor institution for Kindergarten Readiness we're working to coordinate and align community resources to ensure all children enter school on track for educational success.

Thanks to the generous support of our community and sponsors, these calendars are available free to all parents, grandparents and caregivers of children ages 3, 4 and 5 years old.



Getting started with Bright Start is easy. Open an account with as little as \$25. Children with a College Savings Plan are seven times more likely to attend college than children without a plan: www.brightstartsavings.com



**United Way
of Champaign County**

www.UnitedWayChampaign.org

To learn more about United Way of Champaign County please visit:

www.UnitedWayChampaign.org and
www.bornlearning.org



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