



## Family Calendars

Many families use calendars to keep up with their busy schedules. Besides counting, days of the weeks, and months of the year, calendars can help children learn other things too! Here are some ideas to think about!

- **Birthday Reminders!** Mark special birthdays on the calendar with your child. Include siblings, grandparents, teachers and friends! When a birthday is coming up, prompt your child to create a card for that person.
- **Identify interesting words for the month.** Is there a special event or holiday taking place this month? For example, a summer word list could include descriptions of weather (humid, hazy, and tropical) or, the upcoming school year (anticipation, transition, supplies). What new words can you introduce to your child this month?
- **Timelines.** Use a calendar to help your child understand a sequence of events. Using words like before and after, yesterday and tomorrow are great concepts to introduce to your child.
- **Compare months of the year to each other.** How many months have 30 days? Which months are longer or shorter? Calendars are a great tool to talk about 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>.

Calendars are fun and useful tools to have around the house! These activities help your child develop concepts and vocabulary in a fun and engaging way.

## December is a busy time of year!

Brighten the holidays by making your health and safety a priority. Take steps to keep you and your loved ones safe and healthy—and ready to enjoy the holidays.

- **Wash hands** often to help prevent the spread of germs. It's flu season. Wash your hands with soap and clean running water for at least 20 seconds.
- **Manage stress.** Give yourself a break if you feel stressed out, overwhelmed, and out of control. Some of the best ways to manage stress are to find support, connect socially, and get plenty of sleep.
- **Don't drink and drive** or let others drink and drive. Whenever anyone drives drunk, they put everyone on the road in danger. Choose not to drink and drive and help others do the same.
- **Fasten seat belts** while driving or riding in a motor vehicle. Always buckle your children in the car using a child safety seat, booster seat, or seat belt according to their height, weight, and age. Buckle up every time, no matter how short the trip and encourage passengers to do the same.
- **Monitor children.** There is a lot going on this time of year! Keep potentially dangerous toys, food, drinks, household items, and other objects out of children's reach. Protect them from drowning, burns, falls, and other potential accidents.
- **Practice fire safety.** Most residential fires occur during the winter months, so don't leave fireplaces, space heaters, food cooking on stoves, or candles unattended. Have an emergency plan and practice it regularly.



## Did you know?

We have a new website! Be sure to check it out!

[www.smartbeginningsroanoke.org](http://www.smartbeginningsroanoke.org)

It is full of great resources including Developmental Milestones, links to Parenting classes, and tips and activities to engage you and your child!

Don't forget to look us up on Facebook too!

<https://www.facebook.com/smartbeginningsroanoke/>

### Smart Beginnings Greater Roanoke

United Way of Roanoke Valley  
325 Campbell Ave, SW, Roanoke,  
VA 24016

P: 540-283-2786 | F: 540-344-4304

## In the Community



List of free and low cost family fun activities

### Mill Mountain Ringers Concert

Friday December 1 – 7:30 – 8:30  
Raleigh Court Presbyterian (FREE)

### Franklin Co. Christmas

Friday December 1 – 5:30 – 9:00  
Downtown Rocky Mount (FREE)

### Star City Children's Holiday Concert

Saturday December 2 – 7:00 – 9:00  
Patrick Henry High School (FREE)

### Roanoke County Christmas Tree Lighting

Monday December 4 – 6:30 – 8:30  
South County Library (FREE)

### Weekday Storytime

Wednesday December 6 11:00 – 11:30  
Barnes & Noble (FREE)

### Dickens of a Christmas (Taubman Museum of Art)

Fridays December 1, Christmas Tree Lighting  
8, - Celebrating the Art of Dance  
& 15 – Roanoke Valley Children's Choir  
Downtown Roanoke (FREE)

### Buchanan Christmas Parade

Saturday December 9 – 4:00  
Downtown Buchanan – Main St. (FREE)

### Fantasyland – Santa Sing-A-Long

O Winston Link Museum  
Nov. 24 and 25; Dec. 2, 9, 16, 19, 20, 21.  
10 am – toddlers  
11am and 12 pm – older children  
\$2.50 – \$6.50

Resources:

