

# Fido

## Activity Calendar

### 2024



#### Introducing the First 5 San Diego Activity Calendar

This calendar offers daily prompts for fun activities and parenting insights, perfect for engaging with your children. Keep it on your refrigerator and mark completed activities with the included stickers. Make lasting memories and strengthen your bond with the First 5 San Diego Activity Calendar!



# RAZ



Have you met Fido? Fido is the First 5 San Diego dog here to help your child learn and grow through fun activities and resources.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Meet Fido!</b> 31</p> 	<p>1</p> <p><b>Nurture your child's brain!</b> Talk, sing and read daily for their optimal development in the first 5 years.</p>	<p><b>Learn</b> 2</p> <p><b>Alphabet Scavenger Hunt</b> Learn the ABC's with a fun alphabet find.</p> <p><b>activity</b></p>	<p>3</p> <p>Cuddles, eye contact, and responsive care build strong emotional connections.</p>	<p>4</p> <p><b>211sandiego.org</b> Your one-stop for family needs, including child care, health services and parenting classes!</p>	<p><b>Rhyme</b> 5</p> <p><b>Rhyme Time</b> Expand your child's vocabulary through rhyming with objects.</p> <p><b>activity</b></p>	<p><b>Discover</b> 6</p> <p><b>Sink or Float</b> Experiment to find out what sinks and floats.</p> <p><b>activity</b></p>
<p>7</p> <p><b>Essential Parenting Guide</b> Covers healthy teeth, childcare, safety and discipline. Visit <a href="http://First5SanDiego.org">First5SanDiego.org</a></p>	<p>8</p> <p><b>Free Early Learning Activity Book.</b> Go to <a href="http://First5SanDiego.org">First5SanDiego.org</a></p>	<p>9</p> <p><b>Play = Learn!</b> Boost creativity, problem-solving and social skills with playtime.</p> <p><b>activity</b></p>	<p><b>Fun</b> 10</p> <p><b>Super-Sized Bubbles</b> Step up your bubble game with this giant wand activity.</p> <p><b>activity</b></p>	<p>11</p> <p><b>Sleep = Brain Growth!</b> Create a Calm Bedtime Routine</p>	<p>12</p> <p><b>The Childhood Injury Prevention Program</b> educates parents, caregivers and early childhood educators about strategies for child safety.</p>	<p>13</p> <p><b>Art</b></p> <p><b>Sponge Art</b> Cut a sponge into different shapes and dip into paint.</p> <p><b>activity</b></p>
<p><b>Play</b> 14</p> <p><b>Nature Bingo</b> Make a nature observation bingo card before you head out on your next outing.</p> <p><b>activity</b></p>	<p>15</p> <p><b>First 5 First Steps</b> supports at-risk families.</p>	<p>16</p> <p><b>Find</b></p> <p><b>Alphabet Adventure</b> Find objects that start with the alphabet.</p> <p><b>activity</b></p>	<p>17</p> <p><b>Explore Together:</b> Outdoor Adventures Spark Curiosity and Senses</p>	<p>18</p> <p><b>Shapes</b></p> <p><b>Colorful Chalk Run</b> Draw different shapes with different colors of chalk and call out a color or shape.</p> <p><b>activity</b></p>	<p>19</p> <p><b>Splash into learning!</b> Bath time isn't just for cleaning—it's an opportunity for sensory play.</p>	<p>20</p> <p><b>Sing</b></p> <p><b>Musical Fun: Sing Along with Your Little One</b> Put on a fun tune or sing on your own.</p> <p><b>activity</b></p>
<p>21</p> <p><b>Confidence Begins Here:</b> Encourage Trying New Things</p>	<p><b>Fun</b> 22</p> <p><b>Sock Puppets</b> Create characters with old socks and put on a puppet show together.</p> <p><b>activity</b></p>	<p>23</p> <p><b>By Age 3:</b> A child's brain forms 1,000 trillion connections for learning.</p>	<p>24</p> <p><b>Bath Safety Tip:</b> Have all your bath supplies in arm's reach before you start.</p> 	<p>25</p> <p><b>Family Matters:</b> Love and Involvement Shape Success</p>	<p>26</p> <p>If your child has complex needs, let the <b>KidSTART</b> program help you with triage, assessment, referrals and treatment.</p>	<p>27</p> <p><b>Craft</b></p> <p><b>Nature Hunt</b> Explore the backyard, collect leaves, rocks, and make a nature collage.</p> <p><b>activity</b></p>
<p><b>Music</b> 28</p> <p><b>Family Jam Session</b> Create your own musical instruments with every day household item such as pots, pans and cups.</p> <p><b>activity</b></p>	<p>29</p> <p><b>Social Skills Start Here:</b> Encourage Playdates and Interaction</p>	<p><b>Garden</b> 30</p> <p><b>Mini Garden Adventures</b> Learn and observe how plants grow with a mini garden.</p> <p><b>activity</b></p>	<p>31</p> <p><b>First 5 San Diego Offers Free Kit for New Parents.</b></p>	<p>1</p> <p><b>Winter Wellness Tip:</b> Teach little ones to make hand washing a habit.</p> 	<p>2</p>	<p>3</p>

# Talk, Read, Sing

Love  
Your  
Life



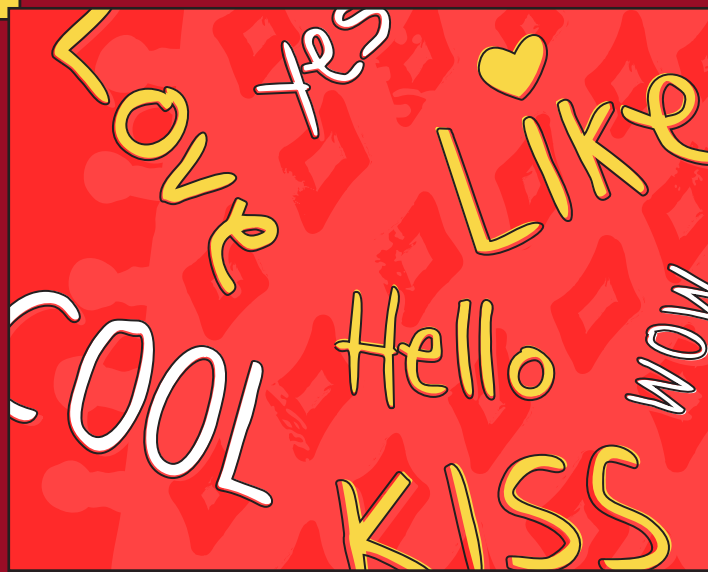
Embrace love's warmth. Cherish moments with loved ones, share kindness, and celebrate the joy of togetherness.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
				<b>Love knows no limits!</b> Your unwavering support provides a secure base for your child, assuring them that you're always by their side.	<b>Health Tip:</b> Hydrate: Ensure kids drink enough water, even in cold weather.	<b>Craft</b> <b>Homemade Shakers</b> Fill empty containers with rice or beans for DIY musical instruments.
4	5	6	7	8	9	10
<b>In the first 5 years,</b> your child's brain absorbs knowledge and experiences like a sponge.	<b>Explore</b> <b>Nature Walks</b> Explore the outdoors and discuss what you see, fostering curiosity about the environment.	<b>Engage in conversations with your child,</b> even if they're too young to respond. This enhances their language development and shows you're attentive.	<b>Read</b> <b>Attend Local Library</b> storytime sessions to promote a love for books and socialize with other children.	<b>Try local museums, nature hunts or new books together.</b> Keep those curious minds active!	<b>If your child has complex needs,</b> KidSTART can provide an evaluation and you will be recommended for services that fit their unique needs.	<b>Food</b> <b>Baking</b> Involve your child in simple cooking or baking activities, which can teach measurements and vocabulary.
11	12	13	14	15	16	17
<b>Discover</b> <b>Indoor Picnic</b> Have an indoor picnic, making it a fun bonding experience.	<b>Our Maternity Housing Program</b> offers safe housing for pregnant and parenting women aged 18-24 and their children.	<b>Sense</b> <b>Cardboard Box Castle</b> Build a fortress with empty boxes. Let imagination reign in royal adventures.	<b>February is for love and learning!</b> Spend quality time with your child, sharing stories, adventures and laughter to shape their heart and mind.	<b>Quality Time</b> <b>Family Movie Night</b> Watch child-friendly films, followed by discussions about the story and characters.	<b>Craft memories in February</b> through creativity like finger painting, drawing, and crafting, which enhance your child's skills.	<b>Write</b> <b>Letters of Appreciation</b> Create a family tradition of writing letters of appreciation to each other throughout the month.
18	19	20	21	22	23	24
<b>Foster curiosity!</b> Encourage questions and explore together, laying the foundation for a lifetime of learning.	<b>Culture</b> <b>Family Art Gallery</b> Encourage your child to create artwork inspired by their culture or a culture you want to learn about.	<b>Sleep Tip:</b> Create a consistent bedtime routine to signal your body it's time to wind down for sleep.	<b>Dance</b> <b>Cultural Music and Dance Night</b> Explore music and dance from different cultures.	<b>You're their role model!</b> Children learn by watching. Model kindness, curiosity and resilience in your daily actions.	<b>Hygiene</b> <b>Dental Health Story</b> Create a story or puppet show featuring characters who practice good dental hygiene habits.	<b>Health Tip:</b> Optimize brain function with small protein-rich meals.
25	26	27	28	29	1	2
<b>Art</b> <b>Paper Plate Masks</b> Craft imaginative masks using paper plates and household art supplies.	<b>Cherish every day</b> with your child in February, as childhood passes quickly and each day shapes their journey.	<b>Fun</b> <b>Picnic Playdate</b> Have a cozy indoor picnic with finger foods and fun conversations.	<b>Oral health matters in the first five years of life.</b> Explore the <b>Oral Health Initiative</b> for services and education.	<b>Nature</b> <b>Colorful Nature Walk</b> Take a walk and point out objects of different colors in nature, asking your child to identify each one.		

# MARCH



Embrace growth and new beginnings. Plant seeds of positivity, and watch them bloom.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	29	<b>Music</b> 1 <b>Make Music Together</b> Create instruments of your very own using household items! <b>activity</b>	2 Quality early learning fosters lifelong success. <b>The Learn Well Initiative</b> helps you find the best care and education for your child.
3 <b>Mental Health Tip:</b> Breathe deeply: Inhale calm, exhale stress. 	<b>Garden</b> 4 <b>Garden Adventure</b> Plant seeds, read garden stories and watch veggies grow for a nutritious harvest. <b>activity</b>	5 <b>Teach kids to manage emotions</b> , helping them grow into emotionally resilient individuals.	<b>Art</b> 6 <b>Butterfly Collage</b> Create colorful butterflies using tissue paper and glue, then display them in a spring-themed collage. <b>activity</b>	7 Contact First 5 San Diego at <b>1-888-5 FIRST 5</b> for child development support and resources.	<b>Explore</b> 8 <b>Errands Eye Spy</b> While running errands, play a fun game of Eye Spy using store signs, colors and objects. <b>activity</b>	9 <b>Child Injury Prevention</b> offers safety resources: outlet covers, cribs, helmets, locks, smoke alarms and bath thermometers.
10 <b>Celebrate achievements</b> with high-fives, smiles and words of praise to boost confidence.	<b>Sound</b> 11 <b>Storytime Spectacle</b> Bring books to life with animated storytelling and silly voices. <b>activity</b>	12 <b>Reading together</b> strengthens relationships and boosts your child's brain development.	<b>Garden</b> 13 <b>Tiny Garden</b> Plant a tiny garden in each section of an egg carton, decorate it, and watch it grow. <b>activity</b>	14 <b>Mental Health Tip:</b> Talk it out: Share feelings for support. 	<b>Nutrition</b> 15 <b>Scavenger Hunt</b> Hunt for colorful fruits and veggies in the supermarket while reading labels. <b>activity</b>	16 <b>HOORAY! For Reading:</b> Read, teach and learn anywhere—streets' signs, colors and everything can be educational.
17 <b>Show love</b> through hugs, smiles and cuddles to support your baby's well-being.	<b>Sing</b> 18 <b>Rainy Day Rhymes</b> Create a cozy indoor reading nook and sing rainy-day songs. <b>activity</b>	19 <b>Mental Health Tip:</b> Positive focus: Find joy daily. 	<b>Explore</b> 20 <b>Obstacle Course</b> Set up a mini obstacle course at home for adventurous, active play. <b>activity</b>	21 Received your <b>Kit for New Parents?</b> Free in 5 languages, it's your welcome guide to parenthood.	<b>Stretch</b> 22 <b>Toddler yoga Adventure</b> Engage in simple yoga poses and storytelling to encourage movement, balance and relaxation. <b>activity</b>	23 <b>Help kids manage emotions</b> by listening and offering guidance as they grow.
<b>Nutrition</b> 24 <b>Healthy Snack Prep</b> Read cookbooks, discuss food groups and make nutritious snacks together.	<b>Fun</b> 25 <b>Indoor Camping</b> Create an indoor campsite by draping a sheet over chairs, making a cozy tent for storytelling. <b>activity</b>	26 <b>Nurturing strong bonds</b> supports your baby's brain growth and emotional development.	<b>Music</b> 27 <b>Musical Playdate</b> Dance to music, sing songs, and read rhyming books for language development. <b>activity</b>	28 Discover Quality Preschools with <b>SDQPI!</b> The San Diego Quality Preschool Initiative (SDQPI) is your trusted source for finding top-notch preschools in the area.	<b>Nutrition</b> 29 <b>Cook Together</b> Prepare a healthy meal, discuss ingredients and enjoy a story about food. <b>activity</b>	30 <b>Love, affection and praise</b> are key to your child's emotional and cognitive development.
<b>Explore</b> 31 <b>Spring Nature Walk</b> Explore outdoors, identify plants and read a spring-themed book under a tree. <b>activity</b>						

# Talk, Read, Sing

**R**  
**R**  
**A**



Celebrate nature's beauty. Take a mindful walk, savor the blossoms and breathe in the freshness.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).



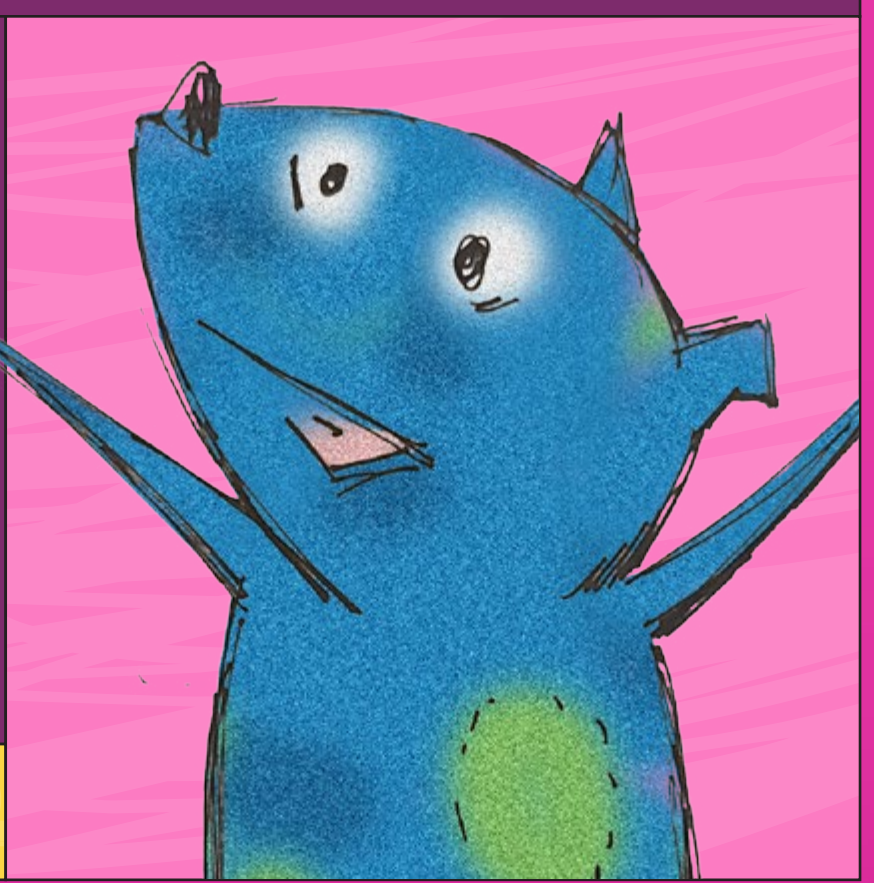
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 <b>Encourage play-based learning</b> for preschool readiness and sparking curiosity.	2 <b>Journal</b> <b>Nature Journals</b> Start nature journals to record spring discoveries and boost literacy skills. <b>activity</b>	3 Discover your child's <b>developmental milestones</b> at <a href="http://First5SanDiego.org">First5SanDiego.org</a> ! Download the guide for each crucial year.	4 <b>Foster socialization</b> to build strong friendships and essential life skills in preschool.	5 <b>Explore</b> <b>Bug Hunt</b> Search for insects outdoors to encourage curiosity and scientific exploration. <b>activity</b>	6 <b>Teach resilience</b> by praising effort and helping children overcome obstacles.
7 <b>Schedule</b> <b>Routine Matters</b> Establish a visual daily schedule to help your child feel secure and prepared. <b>activity</b>	8 <b>Bath Safety Tip:</b> Test the water with your wrist or elbow to ensure it's not too hot or too cold. 	9 <b>Learn</b> <b>Self-Help Skills</b> Involve your child in dressing themselves or helping with simple tasks like setting the table. <b>activity</b>	10 For a treasure trove of at-home activity ideas with your little one, visit <a href="http://First5SanDiego.org">First5SanDiego.org</a> today! Explore endless fun together.	11 <b>Explore the world</b> with your child to nurture curiosity and a love of learning.	12 <b>Feel</b> <b>Emotional Awareness</b> Use emotion cards or drawing to discuss feelings and their expressions. <b>activity</b>	13 <b>Read daily</b> to develop language skills and a lifelong passion for books.
14 <b>Learn</b> <b>Preschool Prep Games</b> Play memory and matching games to boost memory and concentration. <b>activity</b>	15 <b>Listen to your child's thoughts and feelings</b> to promote social and emotional growth.	16 <b>Play</b> <b>Sock Puppets</b> Transform old socks into puppets with buttons, felt and yarn for creative storytelling. <b>activity</b>	17 <b>Habit Booster Tip:</b> Aim for at least 30 minutes of physical activity most days of the week. 	18 <b>Encourage imaginative play</b> to boost problem-solving and creativity in young minds.	19 <b>Imagine</b> <b>Cardboard Box Creations</b> Repurpose boxes into cars, castles or anything imaginative with paints, markers and scissors. <b>activity</b>	20 <b>Healthy Development Services:</b> Access to healthcare, nutrition and early intervention services for young children.
21 <b>Fun</b> <b>Puddle Jumping</b> Enjoy puddle jumping on rainy days while developing gross motor skills. <b>activity</b>	22 <b>Home Visitation Services:</b> In-home support and guidance for parents to ensure their child's healthy development.	23 <b>Nutrition</b> <b>Baking Adventures</b> Bake together to learn about measurement and following instructions for tasty treats. <b>activity</b>	24 <b>Establish consistent routines</b> for stability and readiness for preschool success.	25 <b>Art</b> <b>Create a Family Handprint Tree</b> Trace and cut handprints, arrange on paper as a family tree art project. <b>activity</b>	26 <b>Play</b> <b>Hide-and-Seek Snuggles</b> Play a gentle version of hide-and-seek, ending with warm hugs. <b>activity</b>	27 <b>Teach empathy and kindness</b> as essential qualities for positive social interactions.
28 <b>Love</b> <b>Homemade Greeting Cards</b> Create personalized cards with cut-out shapes, stickers, and your child's drawings. <b>activity</b>	29 <b>Sleep Tip:</b> Prioritize 7-9 hours of quality sleep with a comfy bedtime routine for a restful environment. 	30 <b>Fun</b> <b>Beach Picnic</b> Enjoy a sunny beach day with a picnic by the Pacific Ocean. <b>activity</b>	1	2	3	4

# MAY



Honor the women who inspire you. Mother's Day is a chance to express gratitude for love and guidance.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	<b>Explore</b> 1 <b>Mindful Nature Walks</b> Explore nature, noticing and discussing sights, sounds and feelings. <b>activity</b>	2 <b>Swim Safer Tip</b> Ages 1-4 face high drowning risk. Prevent it by learning and creating a safe swim environment.	<b>Craft</b> 3 <b>Paper Plate Puppets</b> Craft imaginative characters for puppet shows. <b>activity</b>	4 <b>Label Emotions</b> Help kids name their feelings to understand and express them better.
<b>Music</b> 5 <b>Drumming Circle</b> Bang on pots and pans for a rhythmic jam. <b>activity</b>	6 <b>Swim Safer Tip:</b> Always supervise closely. Keep your eyes on your child at all times. 	<b>Health</b> 7 <b>Healthy Smoothie Time</b> Blend colorful fruits and veggies for tasty smoothies. <b>activity</b>	8 <b>211 Resource Line:</b> Connecting families to vital support services in times of need. Go to <a href="http://First5SanDiego.org">First5SanDiego.org</a> .	<b>Swim Safer Tip</b> 9 Drowning is silent and can happen in as little as 30 seconds. Learn the signs of drowning. Name a "Water Watcher" to always watch children in the water.	<b>Music</b> 10 <b>Musical Chair Freeze Dance</b> Play music, pause it, and freeze; last one moving sits out until next round. <b>activity</b>	11 <b>Role-Play Social Skills</b> Practice sharing, taking turns, and making friends through role-play.
<b>Fun</b> 12 <b>Water Balloon Toss</b> Have a giggle-filled water balloon toss. <b>activity</b>	13 <b>First 5 San Diego:</b> Early childhood programs nurturing kids for a brighter future. Go to <a href="http://First5SanDiego.org">First5SanDiego.org</a> .	<b>Love</b> 14 <b>Gratitude Stones</b> Decorate stones and write down things you're grateful for together. <b>activity</b>	15 <b>Swim Safer Tip:</b> Swim lessons help children learn to be safe around the water. 	16 <b>Mindfulness Breathing</b> Teach calming breaths to manage emotions and reduce stress.	<b>Craft</b> 17 <b>Eco-Friendly Crafting</b> Repurpose recyclables into eco-friendly art and crafts projects. <b>activity</b>	18 <b>Feelings Check-Ins</b> Regularly ask how your child feels to foster emotional awareness.
<b>Explore</b> 19 <b>Toilet Paper Roll Binoculars</b> Transform empty rolls into binoculars for an indoor "safari" exploration. <b>activity</b>	20 <b>Home Visiting:</b> Get support at home from First 5 First Steps.	<b>Craft</b> 21 <b>Tissue Box Guitar</b> Turn an empty tissue box into a guitar using rubber bands; strum along to favorite songs. <b>activity</b>	22 <b>Positive Reinforcement</b> Praise effort and resilience to boost confidence and motivation.	<b>Connect</b> 23 <b>Feelings Jar</b> Create a jar, fill with emotions written on paper; draw one, act, and discuss together. <b>activity</b>	<b>Cooking</b> 24 <b>Mini Chef Challenge</b> Have a cooking contest using only healthy ingredients, with kids as the judges. <b>activity</b>	25 <b>Social Playdates</b> Arrange playdates for social interaction and building friendships.
<b>Safety</b> 26 <b>Circle Time</b> Discuss personal boundaries and safe people to talk to. <b>activity</b>	27 <b>Swim Safer Tip:</b> Never leave your child alone in a bathtub. 	<b>Stretch</b> 28 <b>Family Yoga</b> Try kid-friendly yoga poses to relax and strengthen bodies and minds. <b>activity</b>	29 <b>Parents Toolkit</b> Empowering parents with resources and knowledge for children's growth and development. Go to <a href="http://First5SanDiego.org">First5SanDiego.org</a> .	30 <b>Storytelling Empathy</b> Read stories about different emotions to build empathy and understanding.	<b>Read</b> 31 <b>Storytelling Time</b> Encourage creativity by making up stories together. <b>activity</b>	1

# Talk, Read, Sing

# TALK, READ, SING

READ Laugh  
Hello Learn  
EXPLORE Play FUN

Welcome summer with open arms. Create memories outdoors, bask in the sun and relish joyful moments.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).



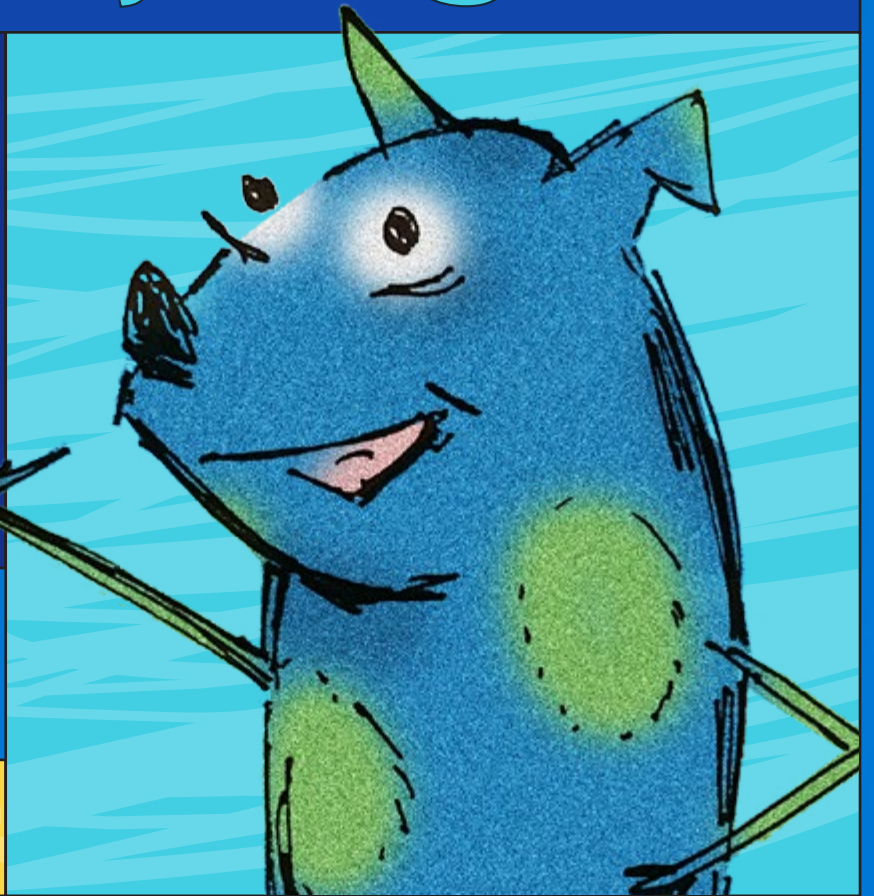
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
						Talking, reading and singing: First 5 San Diego empowers parents with simple tools for early success.
2	<b>Explore</b> 3	4	<b>Create</b> 5	6	<b>Explore</b> 7	<b>Read</b> 8
<b>Sun Safety Tip</b> Discuss sunscreen, hats and hydration for summer safety.	<b>June Nature Walk</b> Explore parks, spot wildlife and teach about nature's wonders. <b>activity</b>	<b>Swim Safer Tip</b> Enroll in swim classes or review pool safety rules.	<b>Seashell Art</b> Collect shells at the beach and craft beautiful seaside creations. <b>activity</b>	<b>Reading Tip:</b> Read with enthusiasm, make it fun, and let them choose books that captivate their interests. 	<b>Summer Scavenger Hunt</b> Craft a list of summer-themed items to find outdoors. <b>activity</b>	<b>Read Aloud in the Park</b> Celebrate Talk, Read, Sing Day by enjoying a book under a shady tree for outdoor literacy. <b>activity</b>
9	<b>Create</b> 10	11	<b>Fun</b> 12	13	<b>Explore</b> 14	15
<b>Reading together</b> fosters early literacy skills. First 5 San Diego encourages bonding through stories.	<b>Sidewalk Chalk Art</b> Encourage creativity with vibrant chalk drawings on sidewalks. <b>activity</b>	Quality early learning fosters lifelong success. <b>The Learn Well Initiative</b> helps you find the best care and education for your child.	<b>Create a Summer Scrapbook</b> Document adventures with photos, drawings and mementos. <b>activity</b>	<b>Talking with children</b> builds vocabulary, enhancing lifelong communication skills.	<b>Summer Star Gazing</b> Lie on a blanket and explore the night sky during warm evenings. <b>activity</b>	<b>Safety Tip:</b> Seek Shade: Stay in the shade during peak sun hours (10 AM to 4 PM) for added protection. 
16	<b>Art</b> 17	18	<b>Play</b> 19	20	<b>Learn</b> 21	22
<b>Singing builds language skills</b> and creates cherished family moments. Make music together.	<b>Crayon Rubbing Art</b> Place textured objects (coins, leaves) under paper and rub with crayons for artistic patterns. <b>activity</b>	<b>Talking with your child</b> nurtures their social and cognitive development.	<b>Summer Shadow Puppets</b> Make shadow puppets and put on nighttime shows with a flashlight. <b>activity</b>	<b>HOORAY! For Reading:</b> Read, teach and learn anywhere—streets' signs, colors and everything can be educational.	<b>Scheduling Adventure</b> Teach the days of the week and plan activities on a visual schedule. <b>activity</b>	<b>Promote daily dialogue</b> to nurture early literacy and a lifelong love for language.
<b>Read</b> 23	<b>Stretch</b> 24	25	<b>Journal</b> 26	27	<b>Discover</b> 28	<b>Play</b> 29
<b>Bedtime Story Calendar</b> Plan nightly stories with a fun reading calendar. <b>activity</b>	<b>Yoga for Kids</b> Explore gentle yoga poses together for relaxation and flexibility. <b>activity</b>	<b>Sing with joy!</b> Celebrate the magic of music to connect and engage.	<b>Nature Journaling</b> Record outdoor observations with drawings, stickers and notes in a journal. <b>activity</b>	<b>Safety Tip:</b> Apply broad-spectrum sunscreen with SPF 30 or higher, even on cloudy days. 	<b>Sink or Float</b> Explore the concept of buoyancy with simple sink-or-float experiments. <b>activity</b>	<b>Animal Safari</b> Pretend to be different animals, learning about their sounds and movements. <b>activity</b>
30						
<b>Encourage positive behavior</b> with praise, clapping and loving words.						

# FIRST 5



Independence Day calls for reflection and gratitude. Cherish freedom, unity and the pursuit of happiness.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<b>Active</b> 1 <b>Plastic Bottle Bowling</b> Set up a bowling alley using empty plastic bottles as pins and a soft ball. <b>activity</b>	2 Contact First 5 San Diego at <b>1-888-5 FIRST 5</b> for child development support and resources.	<b>Explore</b> 3 <b>Starry Summer Nights</b> Explore stars, planets and spark your child's lifelong love for science. <b>activity</b>	4 <b>Happy 4th!</b> Protect kids ears from fireworks with earmuffs or distance for a safe celebration.	5 <b>Splash Safety:</b> Teach kids to swim and supervise at water for a summer of safe fun.	<b>Health</b> 6 <b>Explore Summer Fruits</b> Discuss colors, textures and tastes with your child for a sensory learning adventure. <b>activity</b>
7 <b>Summer Reading Adventures:</b> Explore stories that ignite imagination and keep young minds engaged all season. 	8 <b>Fun</b> <b>Picnic in the Park</b> Pack a basket with healthy snacks and enjoy a meal outdoors. <b>activity</b>	9 <b>Learn</b> <b>Storytime at the Library</b> Listen to captivating tales at your local library. <b>activity</b>	10 <b>The first 5 years</b> shape your child's brain. Embrace the magic, unlock their potential. <b>activity</b>	11 <b>Learn</b> <b>Shape Sorting</b> Sort everyday objects by shape, enhancing early math skills. <b>activity</b>	12 <b>Talk and Listen:</b> Engage in conversations with your child, listen actively, and respond to their questions and thoughts to foster language development.	13 <b>Water Play</b> <b>Run through Sprinklers</b> or have a water balloon fight. <b>activity</b>
14 <b>Parents Toolkit:</b> Empowering parents with resources and knowledge for children's growth and development. Go to <a href="http://First5SanDiego.org">First5SanDiego.org</a> .	15 <b>Learn</b> <b>Summer's Outdoor Classroom</b> Explore nature, from bug hunts to flower identification. Keep learning all season. <b>activity</b>	16 <b>Stay Sun-smart this Summer:</b> Shield your child with sunscreen, hats, and light clothing for healthy skin. 	17 <b>Promote Fine Motor Skills:</b> Engage in activities that develop fine motor skills, such as drawing, coloring and playing with building blocks. <b>activity</b>	18 <b>Art</b> <b>Create Art with Nature</b> Use leaves, sticks and rocks for nature-inspired crafts. <b>activity</b>	19 Discover <a href="http://SDSwimSafer.org">SDSwimSafer.org</a> for water safety tips.	20 <b>Craft</b> <b>DIY Paper Plate Puzzles</b> Draw a picture on a paper plate, cut into pieces, and solve. <b>activity</b>
21 <b>Be Patient and Positive:</b> Celebrate small milestones, and remain patient when your child is learning.	22 <b>Fun</b> <b>Peek-a-Boo with Scarves</b> Hide and reveal faces using soft scarves for giggly interactions. <b>activity</b>	23 <b>Establish a Routine:</b> Consistent daily routines provide a sense of security and help children learn about time and organization.	24 <b>Play</b> <b>Gentle Obstacle Course</b> Create a soft obstacle course with cushions and plush toys for crawling or walking. <b>activity</b>	25 <b>Discover</b> <b>Soft Toy Hide and Seek</b> Hide soft toys for a simple, entertaining game of discovery. <b>activity</b>	26 <b>Support Early Math:</b> Count objects, sort shapes and introduce basic math concepts in everyday activities.	27 <b>Dance</b> <b>Have a Dance Party</b> Put on music and dance around the living room. <b>activity</b>
28 <b>Boost Cognitive Skills with Fun Puzzles:</b> Encourage critical thinking and patience through engaging brain teasers. 	29 <b>Art</b> <b>Paper Plate Masks</b> Decorate paper plates with paint, markers and craft supplies to create fun masks. <b>activity</b>	30 <b>Art</b> <b>Sock Puppets</b> Transform old socks into colorful puppets by adding buttons for eyes and yarn for hair. <b>activity</b>	31 <b>Encourage Play:</b> Provide a variety of toys and encourage imaginative, creative and open-ended play.	1	2	3



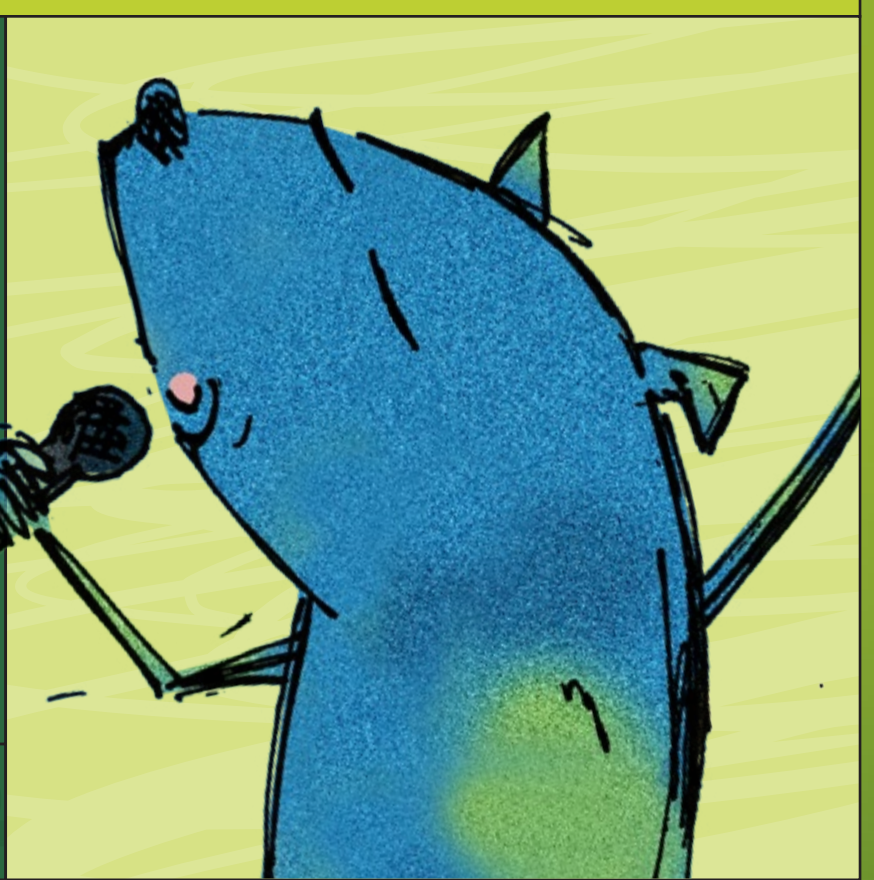
# Talk, Read, Sing

# W A S A



Recharge with summer's warmth. Find joy in simple pleasures, connect with loved ones and embrace relaxation.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 <b>Discover Quality Preschools with SDQPI!</b> The San Diego Quality Preschool Initiative (SDQPI) is your trusted source for finding high quality preschools in the area.	2 <b>Art</b> <b>Finger Painting</b> Cover a workspace with old newspapers, provide non-toxic paint, and let your child explore their artistic side. <b>activity</b>	3 <b>Learn</b> <b>Shape Sorting</b> Introduce various shapes, like circles and triangles, and have your child match them to corresponding objects or cutouts. <b>activity</b>
4 <b>KidSTART</b> is an integrated program within First 5 San Diego and HHSA Behavioral Health Services to support children with complex needs. <b>activity</b>	5 <b>Discover</b> <b>Nature Scavenger Hunt</b> Explore the outdoors and discuss what you see, fostering curiosity about the environment. <b>activity</b>	6 <b>90% of a child's brain</b> develops by age five. Talk, read, sing for their future. <b>activity</b>	7 <b>Reading five books daily</b> exposes kids to 1.4 million more words. Read together! <b>activity</b>	8 <b>Learn</b> <b>Counting Games</b> Utilize everyday objects, like toys or fruit, to practice counting and simple arithmetic. <b>activity</b>	9 <b>Early Learning Tip:</b> Encourage Social Play - Arrange playdates to develop social skills.  <b>activity</b>	10 <b>Sing</b> <b>Sing-along Songs</b> Sing nursery rhymes or songs to improve vocabulary, rhythm and language skills. <b>activity</b>
11 <b>Craft</b> <b>Stringing Cereal Necklace</b> Thread round cereal onto string, creating an edible and entertaining necklace. <b>activity</b>	12 <b>Your child's key relationship</b> is with you. Quality time fuels lifelong success. <b>activity</b>	13 <b>Learn</b> <b>Letter Tracing</b> Teach your child to write by guiding them in tracing letters with their finger or a crayon. <b>activity</b>	14 <b>First 5 San Diego's Oral Health Initiative</b> provides free dental screenings, exams, and treatment for children and pregnant women <b>activity</b>	15 <b>Build</b> <b>Build with Blocks</b> Explore building structures and shapes with various building blocks to boost spatial awareness. <b>activity</b>	16 <b>Parenting influences a lifetime.</b> Fuel growth with nurturing experiences. <b>activity</b>	17 <b>Cook</b> <b>Cook Together</b> Measure ingredients and follow simple recipes to introduce math concepts while creating tasty treats. <b>activity</b>
18 <b>Early Learning Tip:</b> Foster independence - Teach self-help tasks like dressing and using the restroom.  <b>activity</b>	19 Books build vocabulary, knowledge and future success. <b>Read with your child.</b> <b>activity</b>	20 <b>Play</b> <b>Soft Fabric Tunnels</b> Create a soft tunnel using blankets and pillows for crawling adventures. <b>activity</b>	21 <b>Childhood is a time of rapid learning.</b> Encourage early literacy every day. <b>activity</b>	22 <b>Learn</b> <b>Color Mixing</b> Let your child blend primary colors to discover secondary colors, creating a fun science experiment. <b>activity</b>	23 <b>First 5 San Diego's Kit for New Parents</b> is a free, vital resource highlighting early childhood importance, offered in multiple languages. <b>activity</b>	24 <b>Play</b> <b>Role-play</b> Pretend games help develop imagination and communication skills, such as playing house or superheroes. <b>activity</b>
25 <b>Reading equals millions of words.</b> Set your child up for a bright future. <b>activity</b>	26 <b>Nature</b> <b>Gardening</b> Plant and care for a small garden, teaching about plants, growth and nature's cycles. <b>activity</b>	27 <b>Learn</b> <b>Flashcards</b> Use flashcards with images and simple words to expand vocabulary and early reading skills. <b>activity</b>	28 <b>Strong relationships with parents</b> lead to strong kids. Prioritize bonding time. <b>activity</b>	29 <b>Music</b> <b>Name that Tune</b> Listen to music and encourage your child to identify and sing along with their favorite songs. <b>activity</b>	30 <b>Early Learning Tip:</b> Read together daily - Build a love for learning and language.  <b>activity</b>	31 <b>Learn</b> <b>Math Stories</b> Invent math-related stories using everyday situations to make math concepts engaging and relatable. <b>activity</b>

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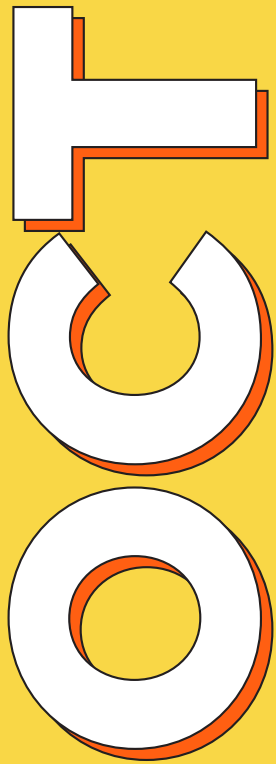
TRAVEL Like  
BIRDS IDEA!  
BOOKS Love

Back-to-school excitement! Nurture curiosity, encourage learning and support the journey of knowledge.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).

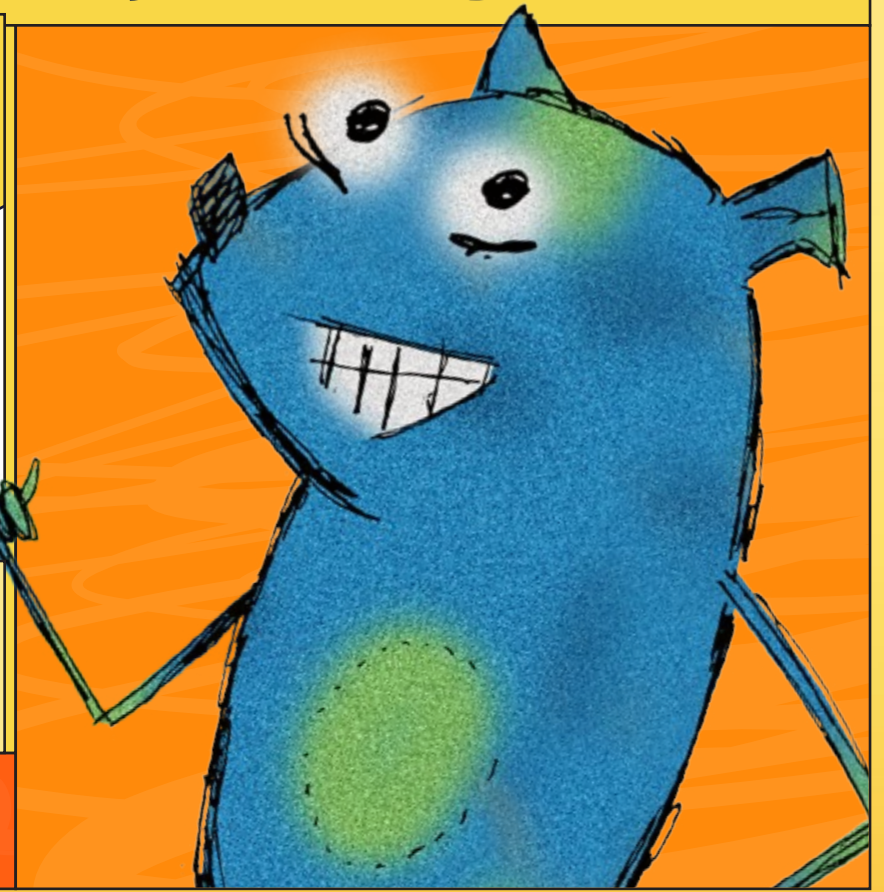


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>Nurture your child's curiosity and love</b> for learning as they embark on a new school year.</p> <p><b>activity</b></p>	<p><b>2</b></p> <p><b>Learn</b></p> <p><b>Spark Your Child's Wonder</b> Study maps, cultures and encourage questions to foster global awareness and imagination.</p> <p><b>activity</b></p>	<p><b>3</b></p> <p><b>Stretch</b></p> <p><b>Celebrate National Yoga Month!</b> Explore yoga's benefits for all ages. Enhance focus, flexibility and well-being with your child.</p> <p><b>activity</b></p>	<p><b>4</b></p> <p>Navigate Childhood Illnesses with Ease! The "<b>Child Health Guide</b>" at <a href="http://First5SanDiego.org">First5SanDiego.org</a> helps parents handle kids' sickness.</p>	<p><b>5</b></p> <p><b>Play</b></p> <p><b>Transform Car Rides</b> into learning adventures. Discuss road signs, count vehicles, and play "I Spy" to engage and learn while traveling.</p> <p><b>activity</b></p>	<p><b>6</b></p> <p><b>Celebrate National Literacy Month</b> by reading with your child. Explore imagination and knowledge, one page at a time.</p>	<p><b>7</b></p> <p><b>Breathe</b></p> <p><b>Practice Deep Breaths</b> Help your child take slow, deep breaths to calm their mind and body.</p> <p><b>activity</b></p>
<p><b>8</b></p> <p><b>Health</b></p> <p><b>Make a Healthy Snack</b> Prepare a nutritious snack together and discuss the importance of healthy eating.</p> <p><b>activity</b></p>	<p><b>9</b></p> <p>Assemble a family emergency kit with essential supplies, including water, non-perishable food, first aid items, flashlights, and batteries.</p> <p><b>activity</b></p>	<p><b>10</b></p> <p><b>Prepare</b></p> <p><b>Discuss Emergency Numbers</b> Teach your child important emergency phone numbers.</p> <p><b>activity</b></p>	<p><b>11</b></p> <p><b>Play</b></p> <p><b>Play "Simon Says"</b> Play the classic game to enhance listening and following instructions.</p> <p><b>activity</b></p>	<p><b>12</b></p> <p><b>Foster critical thinking, problem-solving, and communication</b> for future success.</p>	<p><b>13</b></p> <p><b>Routine</b></p> <p><b>Make a Bed Together</b> Involve your child in simple bed-making tasks.</p> <p><b>activity</b></p>	<p><b>14</b></p> <p><b>National Preparedness Month.</b> Teach child safety, create emergency kit. Empower them for readiness in any situation.</p>
<p><b>15</b></p> <p><b>Learn</b></p> <p><b>Create a Family Safety Plan</b> Discuss what to do in case of emergencies, like fire drills.</p> <p><b>activity</b></p>	<p><b>16</b></p> <p><b>Child Injury Prevention Program</b> educates caregivers on making homes, cars, and communities safer for children aged 0-5.</p>	<p><b>17</b></p> <p><b>Feelings</b></p> <p><b>Name Basic Emotions</b> Discuss and name various emotions to help them understand feelings.</p> <p><b>activity</b></p>	<p><b>18</b></p> <p><b>Communication Plan:</b> Establish a family communication plan so everyone knows how to contact each other during emergencies.</p> <p><b>activity</b></p>	<p><b>19</b></p> <p><b>Positive Self-Talk:</b> Teach them to use positive affirmations to boost confidence and resilience.</p>	<p><b>20</b></p> <p><b>Learn</b></p> <p><b>Identify Body Parts</b> Name and point to different body parts for body awareness.</p> <p><b>activity</b></p>	<p><b>21</b></p> <p><b>Teach Problem-Solving:</b> Encourage your child to tackle challenges and find solutions on their own.</p>
<p><b>22</b></p> <p><b>Feelings</b></p> <p><b>Feeling Masks</b> Craft masks with different expressions to explore emotions.</p> <p><b>activity</b></p>	<p><b>23</b></p> <p><b>Healthy Development Services (HDS)</b> identifies and treats mild to moderate developmental delays.</p>	<p><b>24</b></p> <p><b>Health</b></p> <p><b>Healthy Plate Collage</b> Make a collage of healthy foods from magazines to promote nutritious eating.</p> <p><b>activity</b></p>	<p><b>25</b></p> <p><b>Mindfulness Practice:</b> Introduce mindfulness techniques to reduce stress and anxiety.</p>	<p><b>26</b></p> <p><b>Art</b></p> <p><b>Leaf Art</b> Collect colorful fall leaves and create leaf art by pressing them onto paper.</p> <p><b>activity</b></p>	<p><b>27</b></p> <p><b>Prepare</b></p> <p><b>Emergency Kit Poster</b> Create a visual poster of essential items for an emergency kit for learning readiness.</p> <p><b>activity</b></p>	<p><b>28</b></p> <p><b>Learn</b></p> <p><b>First Aid</b> Teach basic first-aid skills, like how to clean and bandage a wound, for safety awareness.</p> <p><b>activity</b></p>
<p><b>29</b></p> <p><b>Play</b></p> <p><b>Bean Bag Toss</b> Make or use soft bean bags for tossing into containers, enhancing coordination.</p> <p><b>activity</b></p>	<p><b>30</b></p> <p>Embrace challenges as opportunities for growth, learn from setbacks, and maintain a positive outlook in the face of adversity.</p> <p><b>activity</b></p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>	<p><b>5</b></p>



Fall into gratitude. Appreciate the changing seasons, savor cozy moments and express thanks with a full heart.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).



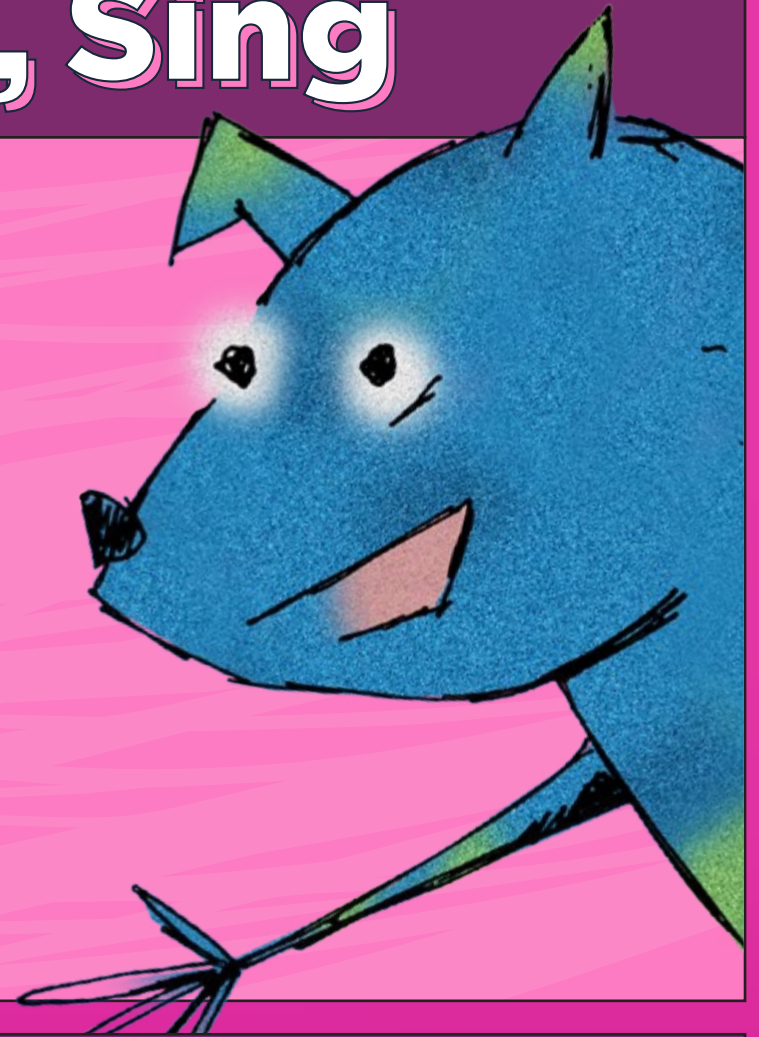
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	<b>Discover</b> 2 <b>Celebrate Fall Outdoors</b> Collect leaves, observe colors, and spark curiosity with nature walks in autumn's natural classroom. <b>activity</b>	<b>Learn</b> 3 <b>Make Apple Picking Educational</b> Count, discuss colors and sizes, explore apple growth science for a fun learning adventure. <b>activity</b>	4 Discover your child's <b>developmental milestones</b> at <a href="http://First5SanDiego.org">First5SanDiego.org</a> ! Download the guide for each crucial year.	<b>Fun</b> 5 <b>National Pizza Month!</b> Create a pizza masterpiece with your child. Choose toppings, make, and enjoy together. <b>activity</b>
6 <b>Build strong caregiver-child bonds.</b> Foster emotional regulation, empathy and healthy future relationships through positive connections. <b>activity</b>	<b>Explore</b> 7 <b>Celebrate Sensory Awareness Month</b> Explore textures, sounds and smells in nature with a sensory scavenger hunt. <b>activity</b>	<b>Health</b> 8 <b>Pumpkin Seed Roasting</b> Clean and roast pumpkin seeds with a sprinkle of salt for a delicious and healthy snack. <b>activity</b>	9 <b>Fire Safety Tip:</b> Check Smoke Alarms: Ensure they work and replace batteries regularly. 	<b>Health</b> 10 <b>Tasty Tea Party</b> Host a pretend tea party with stuffed animals, fostering social skills. <b>activity</b>	<b>Explore</b> 11 <b>Take Virtual Tours of Cultural Landmarks</b> and events worldwide for a global perspective. <b>activity</b>	12 <b>Working parents juggle career and family,</b> teaching determination and achieving dreams through their dedication and hard work.
<b>Art</b> 13 <b>Ghostly Crafts</b> Make ghost decorations from tissue paper or cotton balls. <b>activity</b>	14 <b>Discuss the significance of holidays</b> and their traditions to foster cultural awareness.	<b>Craft</b> 15 <b>Spooky DIY Decorations</b> with your child, from bats to pumpkins, for Halloween fun. <b>activity</b>	16 <b>Home Visiting:</b> Get support at home from First 5 First Steps.	<b>Discover</b> 17 <b>Fall Leaf Crunching</b> Take a nature walk to enjoy the sound of crunching leaves underfoot. <b>activity</b>	18 <b>Fire Safety Tip:</b> Educate Children: Teach them fire safety, escape routes, and the importance of not playing with fire. 	19 <b>Share stories</b> about the history and importance of holidays, connecting past and present.
<b>Explore</b> 20 <b>Pumpkin Patch Visit</b> Explore a local pumpkin patch to pick the perfect pumpkins. <b>activity</b>	21 <b>Mark a family calendar</b> with holidays and traditions, fostering anticipation and awareness.	<b>Play</b> 22 <b>Scarecrow Building</b> Gather old clothes, stuff them with newspaper and create a scarecrow for your yard. <b>activity</b>	23 <b>Child Injury Prevention offers safety resources:</b> outlet covers, cribs, helmets, locks, smoke alarms and bath thermometers.	<b>Fun</b> 24 <b>Costume Creation</b> Let kids design their Halloween costumes using old clothes and craft supplies. <b>activity</b>	25 <b>Engage in charitable activities</b> during holidays, teaching the value of giving and community involvement.	<b>Scary</b> 26 <b>Halloween Movie Night</b> Choose kid-friendly Halloween movies and make it a cozy night with popcorn and blankets. <b>activity</b>
<b>Fun</b> 27 <b>Obstacle Course</b> Set up a mini obstacle course at home for adventurous, active play. <b>activity</b>	28 <b>Cook together</b> to learn about seasonal ingredients and cultural dishes linked to holidays.	<b>Art</b> 29 <b>Pumpkin Painting</b> Provide pumpkins and non-toxic paints for creative expression. <b>activity</b>	30 <b>Fire Safety Tip:</b> Create a Fire Escape Plan: Discuss and practice exit routes. 	<b>Safety</b> 31 <b>Enjoy Trick-or-Treating in October Safely</b> Accompany your child, wear reflective gear, and stick to well-lit areas for fun. <b>activity</b>	1	2

# NOV

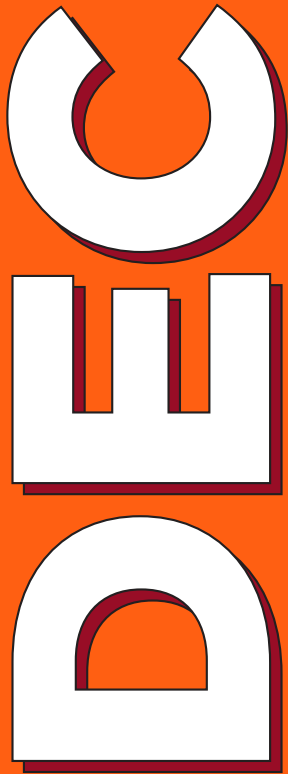


Thanksgiving vibes! Cultivate gratitude, share warmth with others and create lasting memories with family and friends.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					<b>Your touch and voice aid baby learning.</b> Listen, repeat their sounds, coo, smile back. Build language through loving interactions.	<b>Journal</b> <b>Start a Gratitude Journal</b> with your child. Express thankfulness for small joys each day.
<b>Explore</b> <b>Nature Walk</b> Enjoy a crisp fall walk, observing seasonal changes in nature and collecting leaves.	<b>Learn</b> Learn about childproofing your home and preventing accidents. Visit <a href="http://First5SanDiego.org">First5SanDiego.org</a> for tips.	<b>Learn</b> <b>Celebrate National Family Literacy Month</b> by reading a book with your child and discussing the story.	<b>Every time you talk to a baby</b> and have a high-quality back-and-forth interaction, new connections in that baby's brain are made.	<b>Culture</b> <b>Native American Heritage Month</b> Learn about Native American culture and create traditional crafts.	<b>Safety</b> <b>Fire Safety Day</b> Test smoke alarms, review family escape plans and discuss fire prevention.	<b>activity</b> <b>Safety Tip:</b> Childproofing Lessons—Identify potential hazards and secure them in your home.
<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>
<b>Family</b> <b>Create Stories of Family Traditions</b> to connect generations and create bonds.	<b>Learn</b> <b>Explore Cultural Diversity</b> Create crafts representing different cultures with your child.	<b>"Parent-ese" is animated, repetitive speech</b> to engage babies. Exciting interactions capture their attention, enhancing learning and bonding.	<b>Cook</b> <b>Cultural Cooking</b> Prepare a traditional dish from a different culture, exploring global cuisine.	<b>As you feed your baby</b> , use words to describe what foods taste, feel and look like. "This yogurt is smooth." "That yellow banana is sweet!"	<b>Touch</b> <b>Sensory Exploration</b> Use a sensory bin to discover different textures, smells and sounds.	<b>Home Visiting:</b> Find out how First 5 First Steps can support your family's unique needs.
<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>
<b>Family</b> <b>Make a Family Tree</b> with your child. Discuss family heritage and origins.	<b>Safety Tip:</b> Safety Role-play: Practice safety scenarios with children to teach precaution.	<b>Match the child's mood;</b> mirror their tone. If they're cheerful, respond with a joyful, upbeat voice to connect better.	<b>Craft</b> <b>Thanksgiving Craft</b> Create themed decorations for the upcoming holiday.	<b>Cherish early moments</b> with your baby—love, talk, hold, change, and feed. These simple acts lay the foundation for their future.	<b>Nature</b> <b>Thanksgiving Nature Walk</b> Take a family walk, observing and discussing the changing season.	<b>Child Injury Prevention:</b> Find essential safety resources and tips at <a href="http://First5SanDiego.org">First5SanDiego.org</a> .
<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>
<b>Craft</b> <b>Trace Your Hand</b> , add feathers and make a handprint turkey for a fun Thanksgiving craft.	<b>Eye contact, gentle touch, and talking</b> with a high voice nurture your child's confidence and love, shaping them into adults.	<b>Music</b> <b>Create a Homemade Band</b> with pots and pans. Let kids make music, explore rhythm and have a jam session.	<b>Encourage word-object connections.</b> Label often to teach new words and their meanings. Point, show, ensure they see and understand.	<b>Craft</b> <b>Craft a Thankful Tree</b> with leaves containing notes of gratitude.	<b>Cleaning</b> <b>Make Cleaning a Treasure Hunt</b> Give kids a list of items to find and put away in their room.	<b>Safety Tip:</b> Play a game to teach kids about safe play and hazard recognition.
<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>



HELLO! CREATE  
POEMS  
Look SPACE  
FAIRY TALES



'Tis the season for giving. Spread kindness, share joy and make a positive impact in the lives of others.

For more information about activities, programs and resources, visit [FIRST5SANDIEGO.ORG](http://FIRST5SANDIEGO.ORG).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1</b></p> <p><b>Teach Coping Strategies:</b> Show kids healthy ways to handle stress and failure, such as deep breathing, taking breaks or talking about their feelings.</p> <p><b>activity</b></p>	<p><b>2</b></p> <p><b>Cooking</b> <b>Make Fruit Kabobs</b> Thread colorful fruit onto sticks for a tasty, healthy snack. Discuss colors and fruit names.</p> <p><b>activity</b></p>	<p><b>3</b></p> <p><b>Learning</b> <b>Nature Scavenger Hunt</b> Find and identify leaves, flowers and bugs on a park adventure. Discuss what you discover.</p> <p><b>activity</b></p>	<p><b>4</b></p> <p>Contact First 5 San Diego at <b>1-888-5 FIRST 5</b> for child development support and resources.</p>	<p><b>5</b></p> <p><b>Learning</b> <b>Color Scavenger Hunt at Home</b> Find and name items of different colors around the house.</p> <p><b>activity</b></p>	<p><b>6</b></p> <p><b>Growth Mindset:</b> Encourage a growth mindset, where challenges are seen as opportunities to learn and grow.</p>	<p><b>7</b></p> <p><b>Learning</b> <b>Counting with Toys</b> Count and sort toys, learning numbers as you play together.</p> <p><b>activity</b></p>
<p><b>8</b></p> <p><b>Giving</b> <b>Write Thank-You Notes</b> Help your child write thank-you cards for teachers, caregivers or friends.</p> <p><b>activity</b></p>	<p><b>9</b></p> <p><b>Holiday Safety Tip:</b> Decorate with care: Avoid using small decorations or ornaments that could be choking hazards for young children.</p> 	<p><b>10</b></p> <p><b>Giving</b> <b>Collect Toys for Donation</b> Go through your toys and select some to give to less fortunate kids.</p> <p><b>activity</b></p>	<p><b>11</b></p> <p><b>Giving</b> <b>Making Presents for Others</b> Design handmade cards. Use crayons, stickers and love to craft personal greeting cards.</p> <p><b>activity</b></p>	<p><b>12</b></p> <p><b>Teach kids about giving back.</b> Together, pick a charity and plan a family volunteer day to make a difference.</p>	<p><b>13</b></p> <p><b>Holiday</b> <b>Ornament Making</b> Create handprint ornaments. Use salt dough or clay to make keepsake handprint ornaments.</p> <p><b>activity</b></p>	<p><b>14</b></p> <p><b>Create a "kindness challenge."</b> Set daily acts of kindness and watch kids develop empathy and generosity while reaching goals.</p>
<p><b>15</b></p> <p><b>Giving</b> <b>Bake Cookies for Neighbors</b> Make and deliver sweet treats to spread joy in your community.</p> <p><b>activity</b></p>	<p><b>16</b></p> <p>Quality early learning fosters lifelong success. <b>The Learn Well Initiative</b> helps you find the best care and education for your child.</p>	<p><b>17</b></p> <p><b>Holiday</b> <b>Ornament Making</b> Craft paper snowflakes. Fold and cut paper to create unique snowflakes. Add glitter and hang as ornaments.</p> <p><b>activity</b></p>	<p><b>18</b></p> <p><b>Holiday Safety Tip:</b> Supervise candles and fireplaces: Keep lit candles and open flames away from children. Consider using flameless candles.</p> 	<p><b>19</b></p> <p><b>Set a "family goal night."</b> Share personal goals, discuss progress, and support each other's aspirations as a united team.</p>	<p><b>20</b></p> <p><b>Fun</b> <b>Snowman Making in California</b> Create a sand snowman at the beach. Build a sandy friend and decorate with seashells and seaweed.</p> <p><b>activity</b></p>	<p><b>21</b></p> <p><b>Encourage teamwork:</b> Engage in group activities like family games, building teamwork skills, and achieving shared goals together.</p>
<p><b>22</b></p> <p><b>Giving</b> <b>Making Presents for Others</b> Paint rocks. Turn smooth stones into mini works of art to give as heartfelt gifts.</p> <p><b>activity</b></p>	<p><b>23</b></p> <p><b>Kit for New Parents.</b> Free in 5 languages, it's your welcome guide to parenthood.</p>	<p><b>24</b></p> <p><b>Dance</b> <b>Freeze Dance</b> Dance to music, freezing when it stops—simple, joyful, and cost-free.</p> <p><b>activity</b></p>	<p><b>25</b></p> <p><b>Teach "pay it forward"</b> Have children perform random acts of kindness without expecting anything in return, instilling generosity.</p>	<p><b>26</b></p> <p><b>Music</b> <b>Sing-a-long</b> Gather around and sing holiday songs together. Teach them about the joy of music and festive tunes.</p> <p><b>activity</b></p>	<p><b>27</b></p> <p><b>Recycle</b> <b>Gift Box Craft</b> Kids wrap cardboard boxes in leftover holiday paper, creating personalized storage or gift boxes.</p> <p><b>activity</b></p>	<p><b>28</b></p> <p><b>Setting goals with kids:</b> Discuss dreams, break them into small steps and celebrate each achievement, fostering determination and ambition.</p>
<p><b>29</b></p> <p><b>Counting</b> <b>Egg Carton Counting</b> Use an egg carton; place small objects inside each section for counting practice.</p> <p><b>activity</b></p>	<p><b>30</b></p> <p><b>Holiday Safety Tip:</b> Many holiday treats contain small parts or allergens. Be cautious with candies, nuts and other choking hazards.</p> 	<p><b>31</b></p> <p><b>Resolution</b> <b>Vision Board</b> Kids create boards with drawings and pictures to illustrate their goals, fostering goal-setting and creativity.</p> <p><b>activity</b></p>	<p><b>1</b></p>	<p><b>2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>



# First 5 San Diego

First 5 San Diego is the region's primary advocate for the health and well-being of children during their most crucial developmental years, from prenatal stages through age 5. Our vision is to ensure that every child, aged 0 through 5, is not only healthy but also loved, nurtured, and enters school as an active learner.

## Programs

We support families by funding programs that foster children's optimal development and school readiness. Funded through San Diego County's share of California's Proposition 10 tobacco tax revenues, our programs focus on four priority areas: health, learning, family, and community.

To find services near you, visit [first5sandiego.org/programs](http://first5sandiego.org/programs) or call 1-888-5 FIRST 5 (1-888-534-7785).

## Resources

### Kit for New Parents

First 5 San Diego provides the **Kit for New Parents**—a free parenting resource available in English, Spanish, Chinese, Vietnamese, and Korean. This comprehensive kit includes:

- **A Guidebook:** Covering topics from healthy teeth to childcare to safety and discipline, organized by “ages and stages” for easy reference.
- **What to Do When Your Child Gets Sick:** An easy-to-read guide addressing common questions about a child's health, helping parents decide when to treat at home and when to consult a doctor.
- **“Numbers” (Baby's First Book):** An interactive reading adventure for parents and babies, designed with stimulating colors and textures to encourage brain development.

For more information or to receive a Kit for New Parents, please visit [first5sandiego.org/kit](http://first5sandiego.org/kit) or call 1-888-5 FIRST 5 (1-888-534-7785).



## Developmental Milestones Ages 0-5 Years

Empowering parents with essential resources, First 5 San Diego serves as a steadfast guide through pivotal developmental milestones from birth to age five. Visit our website to explore valuable insights into your child's growth journey, covering key moments like taking a first step, sharing their first smile, and waving “bye-bye.” These developmental milestones are crucial achievements that most children reach by specific ages, offering guidance on how they play, learn, speak, behave, and move.

For more developmental milestones, please visit [first5sandiego.org/milestones](http://first5sandiego.org/milestones) or call 1-888-5 FIRST 5 (1-888-534-7785).

## At Home Activities

**Looking for more inspiration for at-home activities?** First 5 San Diego has you covered! Visit our website to discover a variety of engaging activities that not only entertain but also contribute to your child's learning. Be sure to check back regularly, as we continue to update the website with new ideas. Join us in making every moment count in your child's developmental journey.

Please visit our website at [first5sandiego.org/activities](http://first5sandiego.org/activities).





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First 5  
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For more information about activities, programs and resources visit

**First5SanDiego.org**