

# Fido

## Activity Calendar

### 2025



#### 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!





First 5  
San Diego

# Talk, Read, Sing

# TALK READ SING



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
29  <b>Meet Fido!</b>	30	31	1 <b>New Year Vision Boards</b> Create visual representations of goals and aspirations. <b>activity</b>	2 <b>Create a Calm Down jar</b> with water, glitter, and soothing colors. <b>activity</b>	3 <b>Make a Self-Portrait Collage</b> to express individuality. <b>activity</b>	4 <b>HOORAY! For Reading:</b> A program that promotes reading and early literacy skills.
5 <b>Sit in a Circle,</b> take turns sharing something you're grateful for, and listen to others. <b>activity</b>	6 <b>Set goals:</b> Think about the things you want to achieve this year and make a list! <b>activity</b>	7 <b>Explore Textures</b> hands-on by creating a sensory bin. <b>activity</b>	8 <b>Practice Counting Items</b> in a scavenger hunt. <b>activity</b>	9 <b>Model Healthy Coping Mechanisms:</b> Children learn from observing, so make sure you manage stress and emotions in a healthy way. 	10 <b>Develop Hand-eye Coordination</b> with a ball toss activity. <b>activity</b>	11 <b>Create an Obstacle Course</b> to help with motor skills. <b>activity</b>
12 <b>Practice self-care:</b> Prioritize rest, nutrition, and relaxation.	13 <b>Practice Yoga Poses</b> to move your body. <b>activity</b>	14 <b>Identify strengths:</b> Help children recognize personal abilities. <b>activity</b>	15 <b>Get Moving</b> with a dance party. <b>activity</b>	16 <b>Talk, Read, Sing:</b> Encourages parents to engage in activities that promote language and literacy skills.	17 <b>Act Out Emotions</b> with feelings charades. <b>activity</b>	18 <b>Monthly Health Tip:</b> Keep up with well-child checks and immunization schedules to track growth and health milestones. 
19 <b>Self-Care Sunday</b> Introduce relaxation techniques like mindfulness and deep breathing. <b>activity</b>	20 <b>Winter Wonderland Walk</b> Take a guided nature walk to explore seasonal changes. <b>activity</b>	21 <b>Positive self-talk:</b> Encourage affirmations to build confidence. <b>activity</b>	22 <b>Indoor Fitness Challenge</b> Engage in fun exercise routines. <b>activity</b>	23 <b>Learn Well Initiative:</b> Supports early care and education providers in improving the quality of learning environments and adult-child interactions. Go to: <a href="http://sdqpi.org">sdqpi.org</a>	24 <b>Emotion Faces</b> Draw and identify different facial expressions. <b>activity</b>	25 <b>Encourage effort, not perfection:</b> Praise persistence and progress.
26 <b>Snowflake Craft</b> Develop fine motor skills with paper snowflake creations. <b>activity</b>	27 <b>Fluffy Snowman</b> Use cotton balls to make a snowman. <b>activity</b>	28 <b>Encourage social skills:</b> Teach active listening and empathy.	29 <b>Feelings Chat</b> Encourage expressing feelings and reflection. <b>activity</b>	30 <b>Demonstrate Problem-Solving:</b> Show children how to approach challenges step-by-step. 	31 <b>Practice Language Awareness with Bingo Games</b> <b>activity</b>	1

For more information about activities, programs, and resources visit [First5SanDiego.org](http://First5SanDiego.org)





First 5  
San Diego

# Talk, Read, Sing

Love



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).



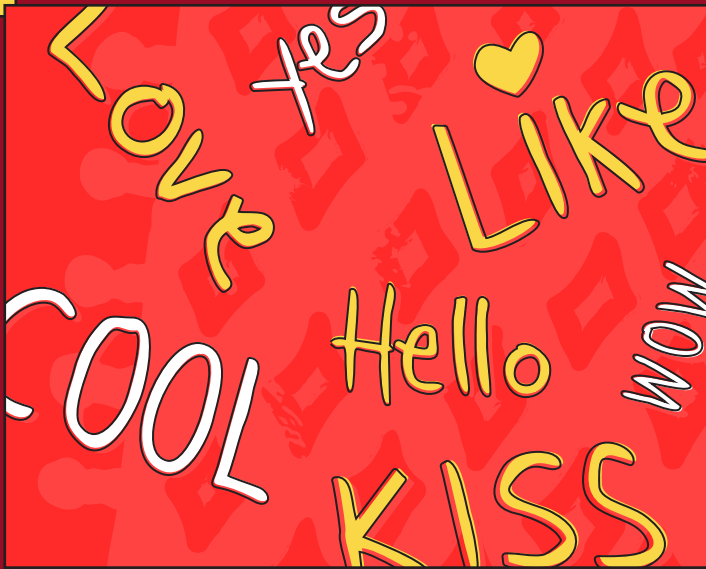
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	31	1
						Talk to your baby throughout the day—describe what you're doing to boost language development.
2	3	4	5	6	7	8
<b>Groundhog Day Prediction</b> Learn about shadows and predict whether the groundhog will see its shadow.	<b>Participate in San Diego Museum Month</b> to get discounted access to local attractions.	<b>Library Story Time:</b> Attend Valentine's or Black History Month-themed sessions.	<b>Friendship Chain</b> Cut paper hearts and create a chain of friends.	<b>Feelings check-in:</b> Regularly discuss emotions.	<b>Heart-Themed Sensory Bin</b> Fill a bin with pink and red items like small toys or household objects.	<b>Valentine's Dance Party</b> Play love-themed music and dance.
activity	activity		activity		activity	activity
9	10	11	12	13	14	15
<b>Practice Goodbyes:</b> Establish a quick, positive goodbye ritual to create comfort and predictability.	<b>Alphabet Hunt</b> Find objects starting with the A,B,C's.	<b>Heart Hunt</b> Find and count heart-shaped objects.	<b>Resilience role-plays:</b> Practice overcoming obstacles.	<b>Valentine's Pattern Blocks</b> Create heart-shaped patterns using blocks or paper.	<b>Valentine's Card Making</b> Create handmade cards for family members.	<b>Gratitude jar</b> Write things you're thankful for on slips and put them in a jar.
	activity	activity		activity	activity	activity
16	17	18	19	20	21	22
<b>Injury Prevention Program:</b> Health experts provide education and resources for families at Rady Children's Hospital.	<b>Nature Walk</b> Explore and collect winter-themed items (e.g., pinecones, leaves, etc.).	Discuss how kindness affects others' feelings.	Find free parenting resources, including the <b>Kit for New Parents</b> , on First 5 San Diego's website!	<b>Encourage Your Child</b> to draw or write how they feel.	<b>Model healthy coping mechanisms</b> (e.g., deep breathing).	<b>Compliment Game</b> Take turns giving each other a kind compliment or saying something you love about the other person.
	activity			activity		activity
23	24	25	26	27	28	1
<b>Oral Health Initiative:</b> Provides oral health services, care coordination, and preventative education for children aged 0-5.	Practice labeling emotions (e.g., "You're feeling angry")	Encourage open conversations about feelings.	<b>Play 'I Spy' with Your Baby</b> Name and point to objects around the room!	<b>Pay-It-Forward</b> Do small acts of kindness for family members or neighbors.	<b>Teach problem-solving skills:</b> Identify the problem and talk about solutions.	
			activity	activity		



First 5  
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# Talk, Read, Sing

MARCH



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

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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
23	24	25	26	27	28	1
						<b>Encourage Creativity</b> with a book character dress-up day. <b>activity</b>
2 Quality early learning fosters lifelong success. <b>Learn Well Initiative</b> helps you find the best care and education for your child.	3 <b>Practice math skills</b> with everyday activities (e.g., measuring ingredients, counting money, etc.).	4 <b>Spring Nature Walk</b> Take a stroll outside, point to flowers and trees, and name colors and shapes. <b>activity</b>	5 Teaching kids to manage emotions helps them grow into emotionally resilient individuals. 	6 <b>Art Butterfly Collage</b> Create colorful butterflies using tissue paper and glue. <b>activity</b>	7 Contact <b>First 5 San Diego</b> at 1-888-5 <b>FIRST 5</b> for child development support and resources.	8 <b>While Running Errands, Play a Fun Game of Eye-Spy</b> using store signs, colors, and objects. <b>activity</b>
9 <b>Injury Prevention Program:</b> Health experts provide education and resources for families at Rady Children's Hospital.	10 Celebrate achievements with high-fives, smiles, and words of praise to boost confidence. 	11 <b>Rainbow Sorting</b> Gather colorful toys or household items, and help your baby sort them by color. <b>activity</b>	12 <b>Reading together</b> strengthens relationships and boosts your child's brain development.	13 <b>Tiny Garden in an Egg Carton</b> Plant a tiny garden in each section of an egg carton, decorate it, and watch it grow. <b>activity</b>	14 <b>First 5 First Steps</b> can connect you and your family to a Family Support Specialist to talk about your child's growth and hopes for their future.	15 <b>Simon Says with Emotions</b> Focus on recognizing and expressing emotions. <b>activity</b>
16 <b>HOORAY! For Reading:</b> Read, teach, and learn anywhere—street signs, colors—everything can be educational.	17 <b>Show love</b> through hugs, smiles, and cuddles to support your baby's well-being.	18 <b>Rainy Day Rhymes</b> Create a cozy indoor reading nook and sing rainy-day songs. <b>activity</b>	19 <b>Role-play different social scenarios</b> to promote emotional intelligence.	20 <b>Farm Animal Adventure</b> Visit a local farm, learn about animals, and read farm-themed books. <b>activity</b>	21 Celebrate <b>Read Across America Day</b> by reading a diverse range of books with your child.	22 <b>Engage in Simple Yoga Poses</b> to encourage movement, balance, and relaxation. <b>activity</b>
23 Help kids manage emotions by listening and offering guidance as they grow.	24 <b>Make Nutritious Snacks Together</b> Discuss food groups and read cooking books. <b>activity</b>	25 <b>Indoor Camping</b> Set up a tent indoors, read camping stories, and enjoy a pretend campfire. <b>activity</b>	26 <b>Nurturing strong bonds</b> supports your baby's brain growth and emotional development.	27 <b>Crank up the Music</b> and have a sing-a-long <b>activity</b>	28 <b>The YMCA Childcare Resource Service (YMCA CRS)</b> is your trusted source for finding top-notch preschools in the area.	29 <b>Paper Bag Puppets</b> Make fun characters out of paper bags with scissors and markers. <b>activity</b>
30 Love, affection, and praise are key to your child's emotional and cognitive development.	31 <b>Newspaper Collage</b> Use newspaper, scissors, and glue. <b>activity</b>					





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# Talk, Read, Sing

Read



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
30	31	1	2	3	4	5
		Encourage play-based learning for preschool readiness and sparking curiosity.	Spring Scavenger Hunt Explore nature's renewal. activity	Discover your child's developmental milestones at <a href="http://First5SanDiego.org">First5SanDiego.org</a> ! Download the guide for each crucial year.	Foster socialization to build strong friendships and essential life skills in preschool.	Plant Seeds Practice your green thumb with gardening skills. activity
6	7	8	9	10	11	12
Teach resilience by praising effort and helping children overcome obstacles.	Outdoor Art Paint or draw spring scenes. activity	Bath Safety Tip: Maintain a comfortable water temperature: Test the water with your wrist or elbow to ensure it's not too hot or too cold. 	Learn Self-Help Skills Involve your child in dressing themselves or helping with simple tasks like setting the table. activity	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.	Explore the world with your child to nurture curiosity and a love of learning.	Child's Choice Day Let children plan activities. activity
13	14	15	16	17	18	19
Read daily to develop language skills and a lifelong passion for books. 	Play Memory and Matching Games to boost memory and concentration. activity	Healthy Development Services: Access to healthcare, nutrition, and early intervention services for young children.	Garden Exploration Visit a garden or park, let your baby touch leaves and flowers, and describe textures and colors. activity	Habit Booster Tip: Aim for at least 30 minutes of physical activity most days of the week. 	Encourage imaginative play to boost problem-solving and creativity in young minds.	Repurpose Boxes into cars, castles, or anything imaginative with paints, markers, and scissors. activity
20	21	22	23	24	25	26
Monthly Health Tip: Keep up with well-child checks and immunization schedules to track growth and health milestones. 	Fun Puddle Jumping Enjoy puddle jumping on rainy days while developing gross motor skills. activity	Home Visitation Services: In-home support and guidance for parents to ensure their child's healthy development.	Nutrition Baking Adventures Learn about measurements and following instructions for tasty treats. activity	Establish consistent routines for stability and readiness for preschool success.	Art Salt Dough Creations Make salt dough from household ingredients and form into fun shapes. Bake! activity	Explore Vibrant Wildflower Blooms in California's parks and nature reserves. activity
27	28	29	30	1	2	3
Teach empathy and kindness as essential qualities for positive social interactions.	Create Personalized Cards with cut-out shapes, stickers, and your child's drawings. activity	Sleep Tips: Prioritize 7-9 hours of quality sleep with a comfy bedtime routine for a restful environment. 	Fun Beach Picnic Enjoy a sunny beach day with a picnic by the ocean. activity			



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# Talk, Read, Sing

# 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
27	28	29	30	1	2	3
				<b>May Day Celebration</b> Create flower crowns. <b>activity</b>	<b>Swim Safer Tip:</b> Kids 1-4 have high drowning risk. Keep them safe with swim lessons.	<b>Paper Plate Puppets</b> Craft imaginative characters for puppet shows. <b>activity</b>
4	5	6	7	8	9	10
Help kids name their feelings to understand and express them better. 	<b>Celebrate Cinco de Mayo</b> Explore Mexican culture and traditions.	<b>Swim Safer Tip:</b> Always supervise closely. Keep your eyes on your child at all times. 	<b>#Healthy Smoothie Time</b> Blend colorful fruits and veggies for tasty smoothies. <b>activity</b>	Go to <a href="http://First5SanDiego.org">First5SanDiego.org</a> to get connected to vital support services.	<b>Feelings check-ins:</b> Regularly ask little ones how they feel to foster emotional awareness.	<b>Diy Bird Feeders</b> Craft bird feeders from recycled materials. <b>activity</b>
11	12	13	14	15	16	17
<b>Role-Play social skills:</b> Practice sharing, taking turns, and making friends through role-play.	<b>Water Balloon Toss</b> Have a giggle-filled water balloon toss. <b>activity</b>	<b>First 5 San Diego's early child hood programs</b> nurture kids for a brighter future. Go to <a href="http://First5SanDiego.org">First5SanDiego.org</a> .	<b>Gratitude Stones</b> Decorate stones and write down things you're grateful for together. <b>activity</b>	<b>Swim Safer Tip:</b> Swim lessons help children learn to be safe around the water. 	<b>Mindfulness breathing:</b> Teach calming breaths to manage emotions and reduce stress.	<b>Eco-Friendly Crafting</b> Repurpose recyclables into eco-friendly art and crafts projects. <b>activity</b>
18	19	20	21	22	23	24
<b>Swim Safer Tip:</b> Learn the signs of drowning. Name a "Water Watcher" to always watch children in the water.	<b>Heads, Shoulders, Knees, and Toes Game</b> Sing the song with your baby and gently touch each body part as you go. <b>activity</b>	<b>Home Visiting:</b> Get support at home from First 5 First Steps	<b>Rock Painting Quest</b> Decorate rocks, hide them in the park, and search for hidden treasures. <b>activity</b>	<b>Positive reinforcement:</b> Praise effort and resilience to boost confidence and motivation.	<b>Feelings Jar</b> Create a "feelings jar" where kids can draw and discuss their emotions. <b>activity</b>	<b>Mini Chef Challenge</b> Have a cooking contest using only healthy ingredients, with kids as the judges. <b>activity</b>
25	26	27	28	29	30	31
<b>Social playdates:</b> Arrange playdates for social interaction and building friendships.	<b>Circle Time</b> Discuss personal boundaries and safe people to talk to. <b>activity</b>	<b>Swim Safer Tip:</b> Never leave your child alone in a bathtub. 	<b>Family Yoga</b> Try kid-friendly yoga poses to relax and strengthen bodies and minds. <b>activity</b>	<b>Mindful Nature Walks</b> Explore nature, noticing and discussing sights, sounds, and feelings. <b>activity</b>	<b>Storytelling empathy:</b> Read stories about different emotions to build empathy and understanding.	<b>Storytelling Time:</b> Encourage creativity by making up stories together. <b>activity</b>

For more information about activities, programs, and resources visit [First5SanDiego.org](http://First5SanDiego.org)





First 5  
San Diego

# Talk, Read, Sing

25



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
<div>1</div> <div>Talking, reading and singing: First 5 San Diego empowers parents with simple tools for early success.</div> <div>activity</div>	<div>2</div> <div>Sun safety tip: Discuss sunscreen, hats, and hydration for summer safety.</div> <div>activity</div>	<div>3</div> <div>Word Scavenger Hunt Identify words in everyday objects.</div> <div>activity</div>	<div>4</div> <div>Swim Safer tip: Enroll in swim classes or review pool safety rules.</div> <div>activity</div>	<div>5</div> <div>Create Seashell Art Collect shells at the beach and craft beautiful seaside creations.</div> <div>activity</div>	<div>6</div> <div>Reading Tip: Read with enthusiasm, make it fun, and let kids choose books that captivate their interests.</div> <div>activity</div>	<div>7</div> <div>Hydration Challenge Drink water throughout the day.</div> <div>activity</div>
<div>8</div> <div>Read Aloud in the Park: Celebrate Talk, Read, Sing Day by enjoying a book under a shady tree for outdoor literacy.</div> <div>activity</div>	<div>9</div> <div>Reading together fosters early literacy skills. First 5 San Diego encourages bonding through stories.</div> <div>activity</div>	<div>10</div> <div>Create Sidewalk Chalk Art Encourage creativity with vibrant chalk drawings on sidewalks.</div> <div>activity</div>	<div>11</div> <div>Talking with children builds vocabulary, enhancing lifelong communication skills.</div> <div>activity</div>	<div>12</div> <div>Create a Summer Scrapbook Document adventures with photos, drawings, and mementos.</div> <div>activity</div>	<div>13</div> <div>Quality early learning fosters lifelong success. The Learn Well Initiative helps you find the best care and education for your child.</div> <div>activity</div>	<div>14</div> <div>Summer Stargazing Lie on a blanket and explore the night sky during warm evenings.</div> <div>activity</div>
<div>15</div> <div>Sun Safety Tip: Stay in the shade during peak sun hours (10 AM to 4 PM) for added protection.</div> <div>activity</div>	<div>16</div> <div>Talking, reading, and singing: First 5 San Diego empowers parents with simple tools for early success.</div> <div>activity</div>	<div>17</div> <div>Art Sunset Silhouettes Create beautiful sunset silhouettes with colored paper and paint.</div> <div>activity</div>	<div>18</div> <div>Talking with your child nurtures their social and cognitive development.</div> <div>activity</div>	<div>19</div> <div>Summer Shadow Puppets Make shadow puppets and put on nighttime shows with a flashlight.</div> <div>activity</div>	<div>20</div> <div>HOORAY! For Reading: Read, teach, and learn anywhere—streets' signs, colors, and everything can be educational.</div> <div>activity</div>	<div>21</div> <div>Summer Solstice Talk about the sun and longer days, introducing the concept of seasons in a simple, fun way.</div> <div>activity</div>
<div>22</div> <div>Promote daily dialogue to nurture early literacy and a lifelong love for language.</div> <div>activity</div>	<div>23</div> <div>Scheduling Adventure Teach the days of the week and plan activities on a visual schedule.</div> <div>activity</div>	<div>24</div> <div>Yoga for Kids Explore gentle yoga poses together for relaxation and flexibility.</div> <div>activity</div>	<div>25</div> <div>Sing with joy! Celebrate the magic of music to connect and engage.</div> <div>activity</div>	<div>26</div> <div>Nature Journaling Record outdoor observations with drawings, stickers, and notes in a journal.</div> <div>activity</div>	<div>27</div> <div>Sun Safety Tip: Apply broad-spectrum sunscreen with SPF 30 or higher, even on cloudy days.</div> <div>activity</div>	<div>28</div> <div>Find free parenting resources, including the Kit for New Parents, at the First 5 San Diego website!</div> <div>activity</div>
<div>29</div> <div>Dance in the Dark Have a dance party with glow sticks and flashlight disco lights.</div> <div>activity</div>	<div>30</div> <div>Encourage positive behavior with praise, clapping, and loving words.</div> <div>activity</div>	<div>1</div> <div></div> <div>activity</div>	<div>2</div> <div></div> <div>activity</div>	<div>3</div> <div></div> <div>activity</div>	<div>4</div> <div></div> <div>activity</div>	<div>5</div> <div></div> <div>activity</div>

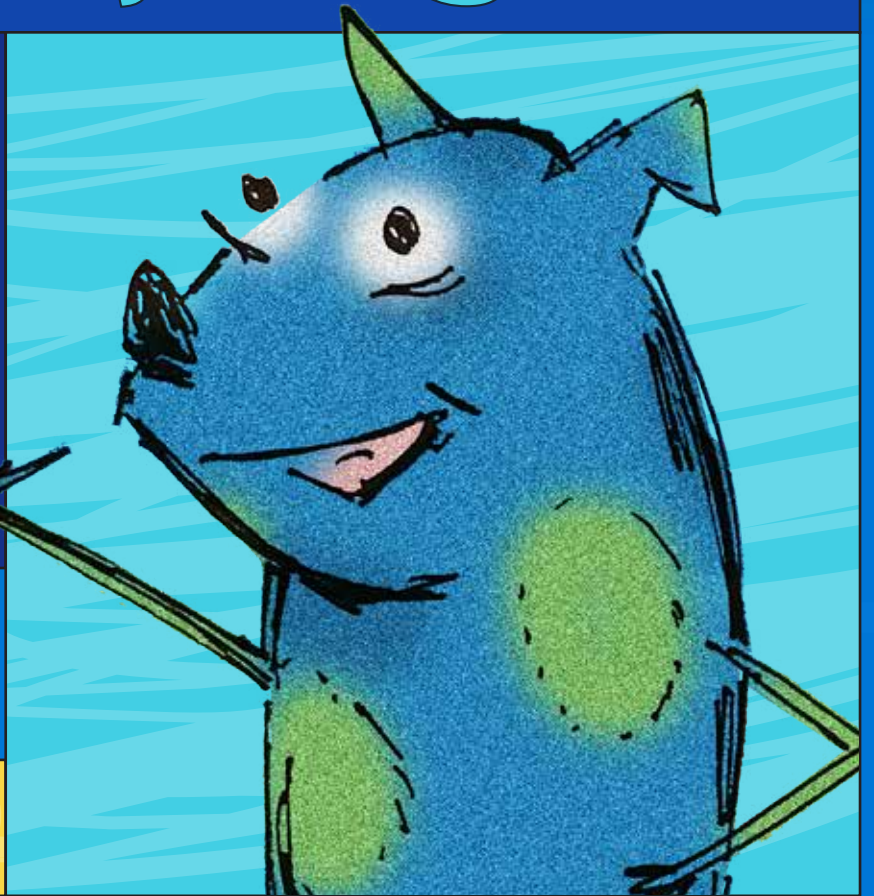


5



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
29	30	1	2	3	4	5
		<b>Pedal into July with Bike Rides</b> Fun, skill-building, and independence for you and your child. <b>activity</b>	<b>Contact First 5 San Diego</b> at 1-888-5 FIRST 5 for child development support and resources.	<b>Patriotic Sensory Bin</b> Fill with red, white, and blue items for exploring colors and textures. <b>activity</b>	<b>Happy 4th!</b> Protect kids' ears from fireworks with earmuffs or distance for a safe celebration. 	<b>Splash safety:</b> Teach kids to swim and supervise at water for a summer of safe fun.
<b>Explore Summer Fruits</b> Discuss colors, textures, and tastes with your child for a sensory learning adventure. <b>activity</b>	<b>Summer Reading Adventures:</b> Explore stories that ignite imagination and keep young minds engaged all season. 	8 <b>Picnic in the Park</b> Pack a basket with healthy snacks and enjoy a meal outdoors. <b>activity</b>	9 <b>Storytime at the Library</b> Listen to captivating tales at your local library. <b>activity</b>	10 <b>The first 5 years shape your child's brain.</b> Embrace the magic, unlock their potential.	11 <b>Visit a Zoo or Farm</b> Observe and learn about animals. <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>Run Through Sprinklers</b> or have a water balloon fight. <b>activity</b>	14 Empowering parents with resources and knowledge for children's growth and development. <b>Go to First5SanDiego.org.</b>	15 <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.	18 <b>Create Art with Nature</b> Use leaves, sticks, and rocks for nature-inspired crafts. <b>activity</b>	19 <b>Be patient and positive:</b> Celebrate small milestones, and remain patient when your child is learning.
20 <b>Visit a Children's Museum</b> Explore interactive exhibits and hands-on activities. <b>activity</b>	21 <b>Discover SDSwimSafer.org</b> for water safety tips.	22 <b>Ice Cream Treat</b> Create personalized ice cream sundaes with a variety of toppings and flavors at home. <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 with Bubbles</b> Blow and chase bubbles in your backyard. <b>activity</b>	25 <b>Sidewalk Chalk Art</b> Create colorful masterpieces on the pavement. <b>activity</b>	26 <b>Support early math:</b> Count objects, sort shapes, and introduce basic math concepts in everyday activities.
27 <b>Have a Dance Party</b> Put on music and dance around the living room. <b>activity</b>	28 Boost cognitive skills with fun puzzles. Encourage critical thinking and patience through engaging brain teasers. 	29 <b>Paper Plate Masks</b> Decorate paper plates with paint, markers, and craft supplies to create fun masks. <b>activity</b>	30 <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





First 5  
San Diego

# Talk, Read, Sing

W  
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K



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
27	28	29	30	31	1	2
					<b>The YMCA Childcare Resource Service (YMCA CRS)</b> is your trusted source for finding top-notch preschools in the area.	<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>
<b>Shape Sorting</b> <sup>3</sup> Introduce various shapes, like circles and triangles, and have your child match them to corresponding objects or cutouts.	<b>UCSD Milk Bank</b> provides safe, donated breast milk to infants in need. Learn more: <a href="http://hmi.ucsd.edu/programs/milk-bank.html">hmi.ucsd.edu/programs/milk-bank.html</a>	<b>Nature Scavenger Hunt</b> <sup>5</sup> Head to a park or your backyard, create a list of items like leaves, rocks, and flowers, and enjoy hunting for them.	<b>90% of a child's brain</b> develops by age five. Talk, read, sing for their future.	<b>Reading five books daily</b> exposes kids to 1.4 million more words. Read together!	<b>Ball Roll</b> <sup>8</sup> Gently roll a ball with your baby to build motor skills and coordination.	<b>Encourage Social Play:</b> Arrange playdates to develop social skills.
<b>activity</b>		<b>activity</b>			<b>activity</b>	
<b>Sing-along Songs</b> <sup>10</sup> Sing nursery rhymes or songs to improve vocabulary, rhythm, and language skills.	<b>DIY Playdough</b> <sup>11</sup> Make homemade playdough with your child, then sculpt together to enhance fine motor skills and creativity.	<b>Your child's key relationship is with you.</b> Quality time fuels lifelong success.	<b>Letter Tracing</b> <sup>13</sup> Teach your child to write by guiding them in tracing letters with their finger or a crayon.	<b>Parenting influences a lifetime.</b> Fuel growth with nurturing experiences.	<b>Build with Blocks</b> <sup>15</sup> Explore building structures and shapes with various building blocks to boost spatial awareness.	<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>	<b>activity</b>		<b>activity</b>		<b>activity</b>	
<b>Cook Together</b> <sup>17</sup> Measure ingredients and follow simple recipes to introduce math concepts while creating tasty treats.	<b>Foster independence:</b> Teach self-help tasks like dressing and using the restroom.	<b>Books build vocabulary, knowledge, and future success. Read with your child.</b>	<b>Puzzle Time</b> <sup>20</sup> Select age-appropriate puzzles to foster problem-solving and critical thinking skills.	Childhood is a time of rapid learning. <b>Encourage early literacy every day.</b>	<b>Color Mixing</b> <sup>22</sup> Let your child blend primary colors to discover secondary colors, creating a fun science experiment.	<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>			<b>activity</b>		<b>activity</b>	
<b>Role Play</b> <sup>24</sup> Pretend games help develop imagination and communication skills, such as playing house or superheroes.		<b>Gardening</b> <sup>26</sup> Plant and care for a small garden, teaching about plants, growth, and nature's cycles.	<b>Flashcards</b> <sup>27</sup> Use flashcards with images, shapes, colors and simple words to expand vocabulary and early reading skills.	Strong relationships with parents lead to strong kids. <b>Prioritize bonding time.</b>	<b>Name that Tune</b> <sup>29</sup> Listen to music and encourage your child to identify and sing along with their favorite songs.	<b>Monthly Health Tip:</b> Keep up with well-child checks and immunization schedules to track growth and health milestones.
<b>activity</b>	<b>Reading equals millions of words.</b> Set your child up for a bright future.	<b>activity</b>	<b>activity</b>		<b>activity</b>	
<b>Counting Games</b> <sup>31</sup> Utilize everyday objects, like toys or fruit, to practice counting and simple math.						
<b>activity</b>						

For more information about activities, programs, and resources visit [First5SanDiego.org](http://First5SanDiego.org)





First 5  
San Diego

# Talk, Read, Sing

NEW

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
31  <b>Talk About Routines:</b> Explain the new daily routine to ease anxiety and build familiarity. 	1  <b>Make a Healthy Snack</b> Prepare a nutritious snack together and discuss the importance of healthy eating. <b>activity</b>	2  <b>Spark your child's wonder.</b> Study maps, cultures, and encourage questions to foster global awareness and imagination.  <b>Assemble a family emergency kit</b> with essential supplies, including water, non-perishable food, first aid items, flashlights, and batteries. 	3  <b>Celebrate National Yoga Month!</b> Explore yoga's benefits for all ages. Enhance focus, flexibility, and well-being with your child. <b>activity</b>	4  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, so worry less. <b>activity</b>	5  <b>Transform Car Rides into Learning Adventures</b> Discuss road signs, count vehicles, and play 'I Spy' to engage and learn while traveling. <b>activity</b>	6  <b>Celebrate National Literacy Month</b> by reading with your child. Explore imagination and knowledge, one page at a time. <b>activity</b>
7  <b>Practice Deep Breaths</b> Help your child take slow, deep breaths to calm their mind and body. <b>activity</b>	8  <b>Create a Family Safety Plan</b> Discuss what to do in case of emergencies, like fire drills. <b>activity</b>	9  <b>Injury Prevention Program:</b> Health experts provide education and resources for families at Rady Children's Hospital. <b>activity</b>	10  <b>Name Basic Emotions</b> Discuss and name various emotions to help kids understand feelings. <b>activity</b>	11  <b>Play "Simon Says"</b> Enhance listening and following instructions with this classic game. <b>activity</b>	12  <b>Positive self-talk:</b> Teach them to use positive affirmations to boost confidence and resilience. <b>activity</b>	13  <b>Identify Body Parts</b> Name and point to different body parts for body awareness. <b>activity</b>
14  <b>National Preparedness Month.</b> Teach child safety, create emergency kit. Empower them for readiness in any situation. <b>activity</b>	15  <b>Feeling Masks</b> Craft masks with different expressions to explore emotions. <b>activity</b>	16  <b>Healthy Development Services (HDS)</b> identifies and treats mild to moderate developmental delays. For more information, visit First 5 San Diego HDS Program or call 1-888-5-FIRST-5. <b>activity</b>	17  <b>Healthy Plate Collage</b> Create a collage of healthy foods with your child, teaching them about balanced nutrition. <b>activity</b>	18  <b>Communication Plan:</b> Establish a family communication plan so everyone knows how to contact each other during emergencies. 	19  <b>Leaf Art</b> Collect colorful fall leaves and create leaf art by pressing them onto paper. <b>activity</b>	20  <b>Emergency Kit Poster</b> Create a visual poster of essential items for an emergency kit for learning readiness. <b>activity</b>
21  <b>Teach problem-solving:</b> Encourage your child to tackle challenges and find solutions on their own. <b>activity</b>	22  <b>Warm Apple Cider</b> Make warm apple cider together and discuss the benefits of warming drinks. <b>activity</b>	23  <b>Talk About Routines:</b> Explain the new daily routine to ease anxiety and build familiarity. 	24  <b>First aid:</b> Teach basic first-aid skills, like how to clean and bandage a wound, for safety awareness. <b>activity</b>	25  <b>Mindfulness Practice:</b> Introduce mindfulness techniques to reduce stress and anxiety. <b>activity</b>	26  <b>Transform Car Rides into Learning Adventures</b> Discuss road signs, count vehicles, and play 'I Spy' to engage and learn while traveling. <b>activity</b>	27  <b>Identify Body Parts</b> Name and point to different body parts for body awareness. <b>activity</b>
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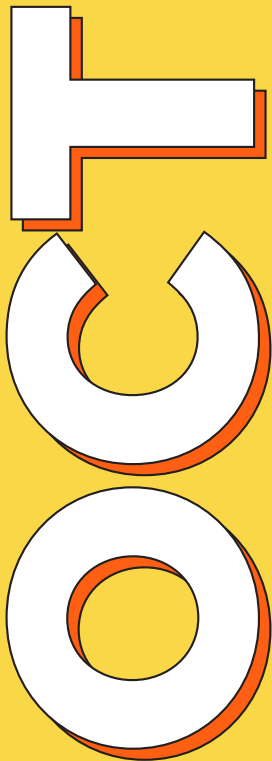
For more information about activities, programs, and resources visit [First5SanDiego.org](http://First5SanDiego.org)





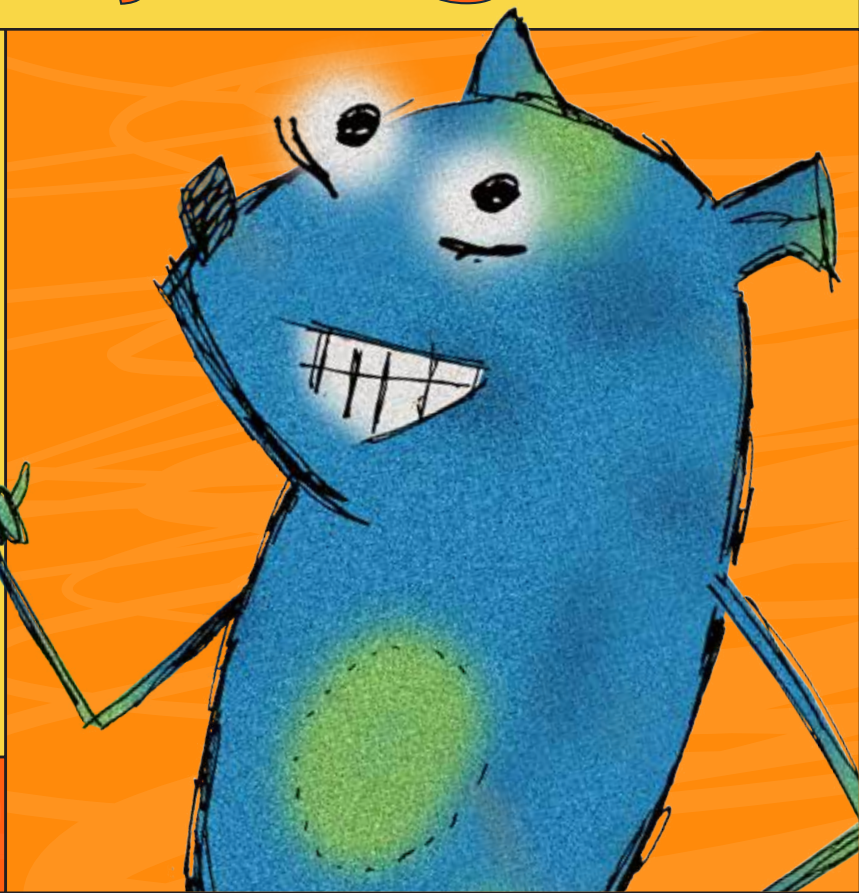
First 5  
San Diego

# Talk, Read, Sing



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
28	29	30	1 <b>October's here!</b> Plan costumes, carve pumpkins, and prioritize safety for a spooky and fun Halloween celebration.	2 <b>Participate in Kids Free October</b> <b>activity</b>	3 <b>Make Apple Picking Educational</b> Count, discuss colors and sizes, and explore apple growth science for a fun learning adventure. <b>activity</b>	4 Discover your child's developmental milestones at <a href="http://First5SanDiego.org">First5SanDiego.org</a> ! Download the guide for each crucial year.
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>	7 <b>Celebrate Sensory Awareness Month</b> Explore textures, sounds, and smells in nature with a sensory scavenger hunt. <b>activity</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>activity</b>	10 <b>Make Caramel Apples</b> Melt caramel and dip apples, then roll them in toppings like nuts or sprinkles. <b>activity</b>	11 <b>Celebrate Fall Outdoors</b> Collect leaves, observe colors, and spark curiosity with nature walks in autumn's natural classroom. <b>activity</b>
12 <b>Working parents</b> juggle career and family, teaching determination and achieving dreams through their dedication and hard work. <b>activity</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>activity</b>	15 <b>Craft 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	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> Teach kids fire safety, escape routes, and the importance of not playing with fire.  <b>activity</b>
19 <b>The First 5 Years matter:</b> Encourage nurturing interactions to support lifelong growth from day one.	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.	22 <b>Scarecrow Building</b> Gather old clothes, stuff them with newspaper, and create a scarecrow for your yard. <b>activity</b>	23 <b>Unlock growth resources:</b> Connect families with First 5 programs that support child development and well-being.	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.
26 <b>Halloween Movie Night</b> Choose kid-friendly Halloween movies and make it a cozy night with popcorn and blankets. <b>activity</b>	27 <b>Spooky Story Time</b> Read a Halloween book or tell a gentle spooky story with fun voices. <b>activity</b>	28 <b>Cook together</b> to learn about seasonal ingredients and cultural dishes linked to holidays.	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>activity</b>	31 <b>Enjoy Trick-or-Treating</b> in October safely. Accompany your child, wear reflective gear, and stick to well-lit areas for fun. <b>activity</b>	1





First 5  
San Diego

# Talk, Read, Sing

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
26	27	28	29	30	31	1
						<b>Practice empathy:</b> When reading a story, ask your child how they think the characters feel.
2	3	4	5	6	7	8
<b>Nature Walks</b> Explore fall colors, collect leaves, and talk about the changing season.	<b>Gratitude Hunt</b> Walk around the neighborhood and point out things you're thankful for (trees, birds, sunshine).	<b>Library day:</b> Visit your local library and pick out fall or Thanksgiving-themed books.	<b>Leaf Art</b> Use collected leaves to make leaf rubbings with crayons or glue them to paper for a nature collage.	<b>Talk about transitions:</b> Help your child manage change by discussing transitions beforehand (e.g., "We'll clean up in 5 minutes.").	<b>Family Dance Party</b> Play your favorite music and have a fun, active dance session with your kids.	<b>Scavenger Hunt</b> Search for fall items like acorns, pinecones, or birds during your outdoor time.
<b>activity</b>	<b>activity</b>		<b>activity</b>		<b>activity</b>	<b>activity</b>
9	10	11	12	13	14	15
 Practice handwashing after outdoor play.	<b>Cloud Watching</b> Lie outside and look for different shapes in the clouds. Make up stories!	<b>Baby Animal Yoga</b> Try simple poses with your child, like "cat" (arching back) and "cobra" (gentle chest lift).	<b>Use daily playtime to practice sharing.</b> Take turns with toys and praise your child when they wait their turn.	<b>Bird Watching</b> Use binoculars or pretend binoculars to spot birds outside and mimic their sounds.	<b>Acknowledge good behavior</b> (e.g., "I love how you helped pick up your toys").	<b>Homemade Instruments</b> Make shakers using empty containers and dried beans or rice.
	<b>activity</b>	<b>activity</b>		<b>activity</b>		<b>activity</b>
16	17	18	19	20	21	22
<b>Track key milestones</b> with First 5 San Diego's resources. Visit <a href="http://First5SanDiego.org">First5SanDiego.org</a> for support.	<b>Paper Plate Faces</b> Decorate a paper plate with markers to make silly or happy faces.	 Keep an eye on small items during craft time to avoid choking hazards.	<b>Use pretend play</b> to act out social situations like making friends or helping others.	<b>Handprint Turkey</b> Trace your child's hand, turn it into a turkey, and talk about Thanksgiving traditions.	 When your child is struggling with something, prompt them to ask for help.	<b>Pretend Thanksgiving Feast</b> Use toy food or draw a pretend feast and talk about each item.
	<b>activity</b>			<b>activity</b>		<b>activity</b>
23	24	25	26	27	28	29
<b>HOORAY! For Reading:</b> A program that promotes reading and early literacy skills	<b>DIY Thankful Tree</b> Create a paper tree and have kids add leaves each day with something they're thankful for.	<b>Feeling Faces</b> practice making different expressions and naming the matching emotion.	<b>Thanksgiving Storytelling</b> Read a story or make up your own about family and giving thanks.	<b>Leaf Crowns</b> Glue leaves onto construction paper to make a fun fall crown.	<b>Show kindness</b> in small ways (e.g., holding doors, saying thank you) and explain to your child why kindness matters.	<b>Number Hop</b> Place numbers on the floor (paper or tape) and have your child hop to the correct number you call out.
 When speaking to your child, gently encourage eye contact.	<b>activity</b>	<b>activity</b>	<b>activity</b>	<b>activity</b>		<b>activity</b>

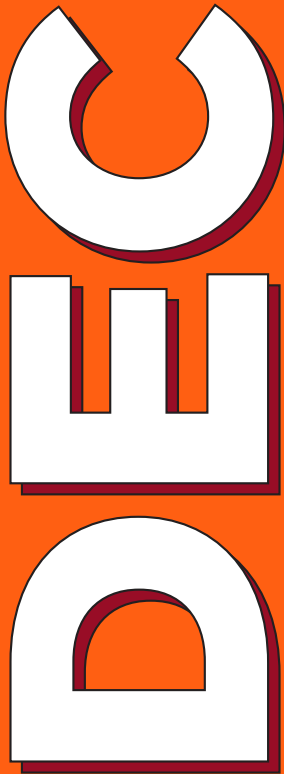
For more information about activities, programs, and resources visit [First5SanDiego.org](http://First5SanDiego.org)





First 5  
San Diego

# Talk, Read, Sing



HELLO! CREATE  
POEMS MUSIC  
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
30	1 <b>Discuss empathy and kindness</b> during holiday season.	2 <b>Holiday Scavenger Hunt</b> Create a holiday-themed scavenger hunt around the house or neighborhood. <b>activity</b>	3 <b>Community Service</b> Participate in local volunteer opportunities, like helping at a food bank or collecting donations for families in need. <b>activity</b>	4 Set aside quiet time each day for your child to rest and recharge amid holiday activities. <b>activity</b>	5 <b>Sing Holiday Songs</b> Have a sing-along featuring holiday songs from various cultures and languages. <b>activity</b>	6 Talk about <b>cultural traditions and diversity</b> .
7 <b>Family Movie Night</b> Watch a holiday classic. <b>activity</b>	8 <b>Make Holiday Cookies</b> <b>activity</b>	9 Practice hand washing during cold and flu season. <b>activity</b>	10 <b>Nature Walk</b> Explore winter scenery and draw what you see. <b>activity</b>	11 <b>Create Handmade Holiday Cards</b> <b>activity</b>	12 Discuss importance of <b>giving and sharing</b> . <b>activity</b>	13 <b>Indoor Obstacle Course</b> Get active indoors. <b>activity</b>
14 <b>Encourage kindness and generosity</b> .	15 <b>Create a Winter-Themed Sensory Bin</b> <b>activity</b>	16 Find free parenting resources, including the <b>Kit for New Parents</b> , at the First 5 San Diego website!	17 <b>Family Game Night</b> Play holiday-themed games. <b>activity</b>	18 Practice mindfulness during holiday stress. <b>activity</b>	19 <b>Discuss historical significance of holidays</b> . <b>activity</b>	20 <b>Make Holiday Crafts</b> with recycled materials. <b>activity</b>
21 <b>Gratitude Journal:</b> Start a family journal where everyone writes down what they are thankful for during the holiday season.	22 <b>DIY Holiday Decorations</b> Use everyday household items to create simple, festive decorations together. <b>activity</b>	23 <b>Injury Prevention Program:</b> Health experts provide education and resources for families at Rady Children's Hospital.	24 <b>Transform Old T-Shirts</b> into reusable bags or stuffed animals. <b>activity</b>	25 <b>Name colors during play</b> to boost curiosity and vocabulary.	26 <b>Virtual Holiday Visits</b> Set up video calls with relatives or friends to connect and share holiday cheer, especially with those far away. <b>activity</b>	27 <b>Host a Toy Swap</b> Organize a toy exchange with friends or neighbors to promote recycling and sharing. <b>activity</b>
28 <b>Ask simple questions</b> during storytime to encourage curiosity and language growth.	29 <b>Create a Family Time Capsule</b> Gather meaningful items or notes from the year and seal them in a time capsule to open next holiday season. <b>activity</b>	30 Keep routines as consistent as possible to help young children feel secure during holiday excitement. <b>activity</b>	31 <b>Family Dance Party Countdown</b> Have a mini countdown by playing music and dancing together. <b>activity</b>	1	2	3



# 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](https://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](https://first5sandiego.org/kit) or call 1-888-5 FIRST 5 (1-888-534-7785).



## Developmental Milestones Ages 0-5 Years

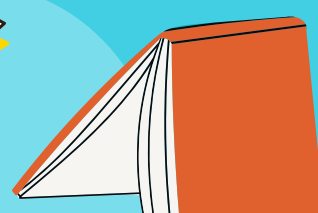
Empowering parents with essential resources, First 5 San Diego serves as a steadfast guide through pivotal developmental milestones from birth to age five. Visit our website to explore valuable insights into your child's growth journey, covering key moments like taking a first step, sharing their first 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](https://first5sandiego.org/milestones) or call 1-888-5 FIRST 5 (1-888-534-7785).

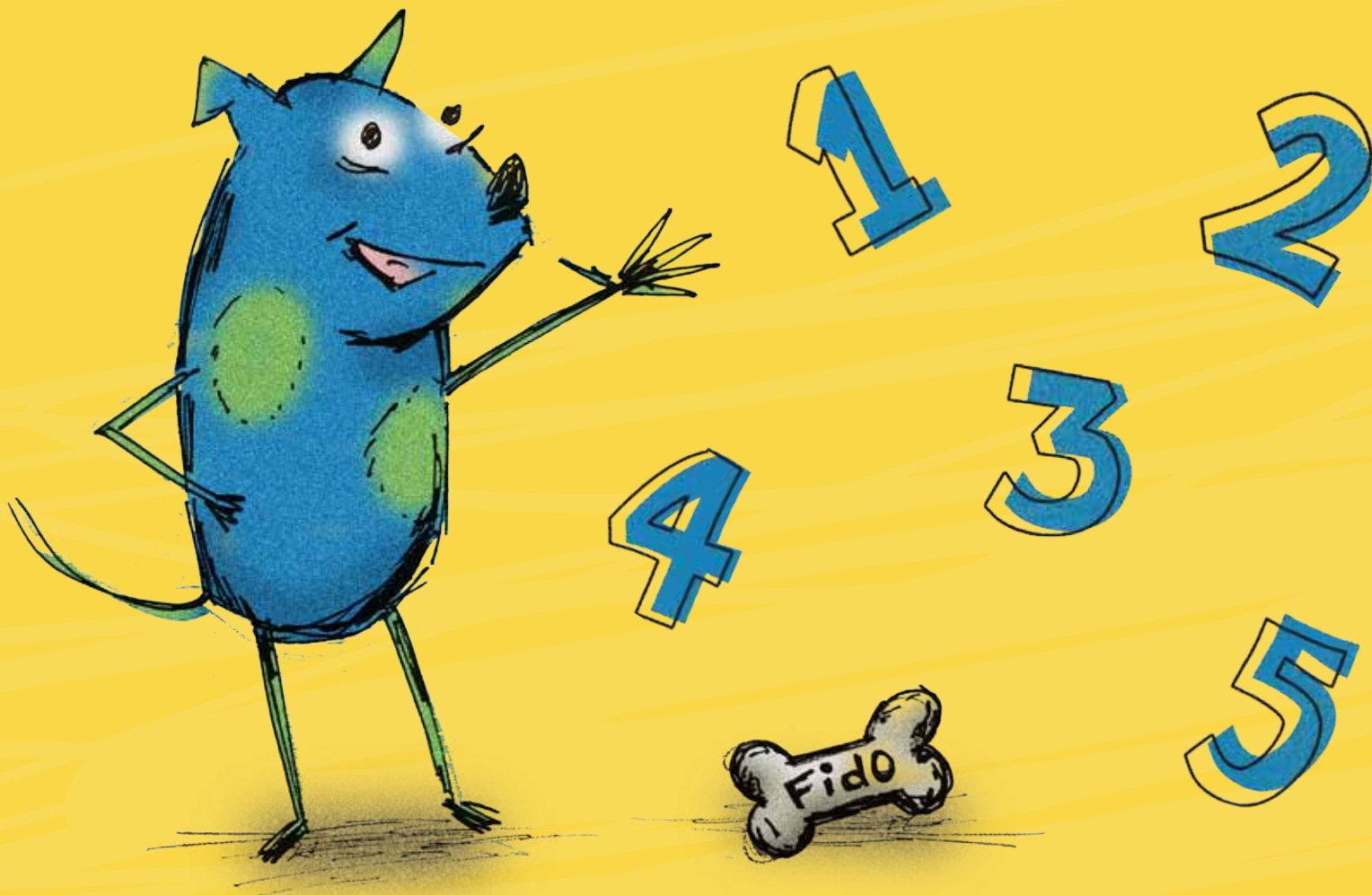
## At Home Activities

**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](https://first5sandiego.org/activities).







**The First 5 San Diego Commission in partnership with Dr. Seuss Foundation**

For more information about activities, programs, and resources visit **[First5SanDiego.org](http://First5SanDiego.org)**