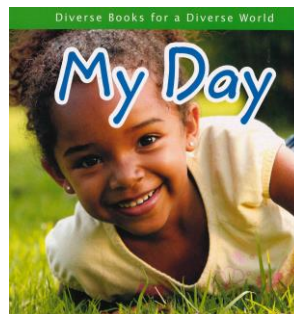




BOOK: My Day

Before Reading:

1. Read the book to yourself before reading to your child.
2. Choose a place to invite your child to read that is well lit and cozy.
3. Read the title of the book, placing your finger under each word. Tell your child that you are going to learn what this little girl does each day.



During Reading:

1. As you read each page, stop and talk about what is happening in each picture.
2. Ask your child the questions posed on each page.
3. Talk to your child about how their day is alike and how it is different from the girl in the story.

After Reading:

Social-Emotional: Children thrive when they can depend on a schedule. Take pictures of your child doing their daily routine- eating breakfast, doing chores, playing, watching television-whatever their typical day looks like. Post this schedule on a corkboard or even on the refrigerator using magnets. Each day, your child can see their schedule posted and know what their day looks like. This especially helps if there will be an unexpected change to their routine and by moving pictures around to reflect the change, your child will know what to expect.

Math: As your child goes through their day, call attention to the time on a clock for each activity. You can even make a clock together using a paper plate, 2 cut-out arrows (clock hands), and a brad to hold the hands in place. Each time your child moves from one activity to another or to prepare them for a transition, move the hands to the correct numbers on the clock and say, "It's 12:00, time for lunch!" or "When mommy moves the hands to the 12 and the 1, it is time for you to take a nap."

Pre-reading/writing: Start a journal with your child. At the end of each day, ask your child to tell you 2 or 3 of their favorite things they did that day. Write their exact words in a journal and read it back to them. They could even add a fun picture to go with the entry. Each night reread the posts to remind your child of fun things they do each day. As you are reading, make sure they are by your side looking at the words that represent what they told you.