

February 2020

SUN	MON	TUES	WED	THURS	FRI	SAT
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2	3 Do a quiet activity with your child today	4 Help your child with their homework, if needed.	5 Talk about the best thing that happened today with your child	6 Notice beautiful things around you today and talk about them with your child	7 Tell your child 3 wonderful things about themselves today.	8
9	10 Go for a walk with your child today	11 Delayed Start	12 Read to your child today or have your child read to you.	13 Listen to your child today without distraction	14 Do something active with your child today	15
16	17 No School President's Day	18 Talk with your child about the goals you made for the school year	19 Have a screen-free play date.	20 Help your child with homework if needed.	21 Watch a family friendly program together today.	22
23	24	25	26	27	28	29

Tell your child you love them today

Delayed Start

Turn off your phone and do something that your child chooses

Encourage your child and give them positive feedback.

Complete a puzzle together.

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