

## OFFICE OF FAMILY & COMMUNITY ENGAGEMENT

### TODAY'S FAMILY **LEARNING TIP**\*

#### May

- 1 May is Better Sleep Month! Research the benefits of a good night of rest and ways to help your family sleep better tonight.
- 2 Today is Brothers and Sisters Day! Encourage your child to spend the day with his or her siblings and tell them why they are appreciated. <http://www.brotherandsisterday.com/>
- 3 Happy National Teacher Appreciation Day! What are your child's best memories from his or her favorite teacher's class? Encourage your child to send the teacher a thank-you card! Check the day out at [www.nea.org/grants/teacherday.html](http://www.nea.org/grants/teacherday.html)
- 4 Use cash when shopping, and ask your child to count the change that you receive after each purchase.
- 5 ¡Hoy es el día de fiesta Cinco de Mayo! Can your child translate that sentence into English? Can he or she translate it into another language after that? Learn more about the day at [www.history.com/topics/holidays/cinco-de-mayo](http://www.history.com/topics/holidays/cinco-de-mayo)
- 6 Create a list of activities that you would like to do as a family this summer. How can you work together to accomplish your ideas?
- 7 Recycling is good for the environment! Ask your child to label separate boxes or bins for glass, paper, and plastic waste. Here's how to start: <http://www.realsimple.com/home-organizing/organizing/organizing-tips-techniques/recycle-anything>
- 8 Dads, help your children wish mom a very happy Mother's Day today! Offer to bring her breakfast in bed or spend the day with her to show how much your family cares about her!
- 9 Hit the music! Playing soft music before bed, in the morning, at breakfast, and on the way to school has been known to reduce student stress. Learn more here: <http://www.helpguide.org/articles/stress/12-ways-to-reduce-stress-with-music.htm>
- 10 Stay in contact with your children's teachers. Be sure to inform teachers of home stress or family issues that may affect your students' schoolwork.
- 11 Happy National School Nurse Day! Has your child ever been to the school nurse? Encourage your child to thank his or her school nurse for the help to feel better! For more information: [www.nasn.org/AboutNASN/NationalSchoolNurseDay](http://www.nasn.org/AboutNASN/NationalSchoolNurseDay)

\*For additional ideas and daily parent tips, visit the [Maryland State Department of Education Family Literacy Take 15 Web page](#). Click on English or Spanish to view the tips.

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- 12 Take a walk with your child and incorporate patterns in your movement. For example, skip one block, then hop a few times, run two blocks, etc.
- 13 Make a family mailbox with your children. Give each family member a slot in the mailbox and send notes to one another! Here's one way to do it:  
<http://familycrafts.about.com/od/shoeboxcrafts/a/sbmailbox.htm>
- 14 Talk to your children about stranger safety. Remind them never to offer information about the family over the phone or online and practice safe ways of answering the phone and the door.  
[www.ncpc.org/topics/violent-crime-and-personal-safety/strangers](http://www.ncpc.org/topics/violent-crime-and-personal-safety/strangers)
- 15 With your family, prepare a rainbow picnic: Use "Roy G. Biv" to pack your food. What do the letters in the name stand for? The answer: <http://acronyms.thefreedictionary.com/ROYGBIV>
- 16 Encourage your family to learn a new trick today: try magic, jumping rope, or juggling. Visit your library for books or videos about your family's new trick.
- 17 Make words with names! See how many words your children can create using only the letters of their names.
- 18 Celebrate International Museum Day by visiting a museum, such as The Baltimore Museum of Art, the National Museum of Natural History, or The Franklin Institute, with your family!  
<http://icom.museum/events/international-museum-day/>
- 19 The Holland Tunnel in New York City opened in 1927. Compare it to Baltimore's Harbor Tunnel. Ask your child which is longer? How many cars travel through each daily? For more on Baltimore's tunnel: [https://en.wikipedia.org/wiki/Baltimore\\_Harbor\\_Tunnel](https://en.wikipedia.org/wiki/Baltimore_Harbor_Tunnel)
- 20 Teach water conservation and responsibility in your home. Collect rain and use it to water indoor plants.
- 21 May 21 is Armed Forces Day! Encourage your family to salute those in the military by sending a care package or two to show support for their services! Learn more at <http://afd.defense.gov/>
- 22 National Maritime Day celebrates the successes of the maritime industry. How many famous American ships from history can your child name? Learn more at [www.marad.dot.gov/education/national-maritime-day/](http://www.marad.dot.gov/education/national-maritime-day/).

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- 23 The words racecar, kayak, and level are the same whether they are read left to right or right to left. What are these unique words called? Ask your children to see if they know! Refer here: <http://www.rinkworks.com/words/palindromes.shtml>
- 24 Have your child graph prices in the grocery store and research reasons for why prices have gone up or down. Then, rank the reasons by the size of their impact on the prices.
- 25 Have your children make the greatest number and the least number by using digits from license tags seen on car rides.
- 26 Play "20 Questions" using science or history. Pick a topic, like space travel or U.S. exploration, that your child has studied in school.
- 27 Recycling one ton of paper saves 17 trees. How can your family improve recycling efforts at your child's school and at home?
- 28 Listen to a book tape with your family or take turns reading a book or novel aloud.
- 29 Learn ways to find evidence of animals (tracks, fur, egg shells, holes, nests, etc.). Then go on an Animal Detectives Hike with your children and draw conclusions about animal life you detect. Check out [www.biokids.umich.edu/guides/tracks\\_and\\_sign/](http://www.biokids.umich.edu/guides/tracks_and_sign/).
- 30 Memorial Day falls on the last Monday of May every year. How can your family honor those who passed during their service to the U.S. Armed Forces? Here is the history of the observation: [www.usmemorialday.org/?page\\_id=2](http://www.usmemorialday.org/?page_id=2)
- 31 Jokes, tricks, and gags are fun, as long as they don't hurt any feelings. Pick a silly song or story and have a laugh with your children.

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