

March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
				Adaptive skill: At mealtime, have your child serve themselves. Talk about how the food tastes And feel like. Say what foods you are eating.	Adaptive skill: Bake cookies together. Have your child add and mix ingredients. Help them name the ingredients.	
22	23	24	25	26	27	28
Social skill: Play "I Spy with My Little Eye" Say, "I spy with my little eye your nose. Where's your nose, point to your nose.	Social skill: Phone someone who is familiar to your child. Encourage them to talk and listen while on the phone.	Social skill: Have fun tossing a large ball back and forth with your child. Have them get a head nod (yes or no) before tossing.	Social skill: Have fun tossing a large ball back and forth with your child. Have them get a head nod (yes or no) before tossing.	Adaptive skill: Put dishes away together. Have your child name and sort out the cutlery and put them in the right section of the drawer.	Adaptive: When your child undresses, encourage them to take off sock, shoes, and other items by themselves. Have child name each item.	
29	30	31				

Cognitive: Try raising and lowering your voice and body when speaking (ex. Up, down). Come up when speaking in a high pitch and go down when speaking in a low voice.

Cognitive skill: Pillow hop – have fun gathering all the pillows in the house and make a ‘path’ – hop from pillow to pillow. Count the pillows as you go and talk about the size of the pillows.

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