

Year Long Challenges

Reading

Whether you want to tackle one book a day or pick a single book to read over time, this is a challenge you and your little one are sure to love. If your kiddo is pre-reading, consider reading at least one book a day. If your kiddo is an early reader, consider having your child read a book to you every night. If your kiddo is an advanced reader, consider picking a longer book like a fairytale or fable and read a passage together each night.

Pro Tip: Use a library card to check out a fresh batch of books each week. You also can find great deals on books at garage sales, half price books or even by swapping books with friends!

Nature

Evidence shows there are countless ways that time in nature is beneficial to our mind and body. The outdoors has a calming effect on children, they experience increased vitamin D levels, there are immune system benefits to playing outside and an increase in physical exertion. If you're just starting out, try setting a goal of spending 30 minutes outside each day. This could be playing in the backyard in the morning, going for a family walk after dinner, taking a basket of toys outside, or setting up an outside play station. It can be as simple or as elaborate as you want but the goal is just to spend more time in nature. Don't let the weather deter you from getting outside - kids love rain, snow, heat, and everything in between!

Pro Tip: Look for parks or nature preserves near you where your little one can explore nature outside of your neighborhood. They will love it and I bet you will too!

Cooking

If your kids are like mine, they love to help in the kitchen! Sit down with your little one and select a recipe you can make together each week.

Pro Tip: Consider making things that your kiddo already enjoys like granola bars, yogurt bark, crackers, etc.

Learning

Attempt to learn a new skill alongside your child. A musical instrument, second language, riding a bike or skateboard, swimming, playing chess - anything that you and your child can work on learning together.

Pro Tip: Document your progress so that you and your kiddo can look back and see all the progress you have both made!