



JULY 2026

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READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 615-862-5750		1 At bedtime, talk about your child's day. Tell them the part you enjoyed most.	2 Sing sounds to your baby to the tune of a familiar song. Sing the sound ba to the tune of Baa, Baa Black Sheep.	3 It's National Ice Cream month! Read a book about ice cream.	4 Feel different textures and shapes to help develop hand muscles.
5 Pretend you are a firework. How would you move? Where would you go?	6 Count the number of buttons on an item.	7 Smell a fragrant flower.	8 Share a memory from your childhood and encourage talking and thinking about your child's memories.	9 Sing the ABCs! It's never too early.	10 Read a book about winter to help cool you off on a hot day!	11 Trace the letters of your child's name with their fingers in flour or sugar on a tray.
12 It's National Picnic Month! Pretend to have a picnic. What foods will you eat? Who will join you?	13 Make a map of your house together.	14 Choose an object and make observations. Is it cool or warm? Hard or soft?	15 Tell your child what quality they have that makes you proud of them.	16 Clap as you sing to introduce rhythm.	17 Read a book by Mac Barnett.	18 Help baby touch their nose or toes to develop hand muscle control.
19 Encourage imagination by letting your child create and play on their own.	20 Compare shoes: size, color, smallest, largest, type of shoes, etc.	21 Watch and listen to the birds in your yard or in the park.	22 Tell your child how excited you were when they became part of your family.	23 Make up a song about summer and the fun things you like to do.	24 Read a wordless picture book together and encourage your child to make up the story.	25 Point to words to show that those black lines on the page are letters. This develops print awareness.
26 While outside, play a game of "I Spy."	27 Measure your child and write it here: _____	28 Read a book with multiple animals in it. Point out the similarities and differences.	29 Talk about things you see outside the window.	30 Sing "Head, Shoulders, Knees, and Toes."	31 Read a book about school.	