

**Monthly Message:  
Strengthening  
Families**

**KENTUCKY  
GOVERNOR'S  
OFFICE of  
EARLY CHILDHOOD**



**Holiday activities to  
help your children  
learn and grow!**



**A**ll families celebrate the holidays differently, but they are usually full of family, friends and traditions. Parents usually dedicate a lot of time preparing food or picking out gifts, but there are many activities you can do with your children that will help them learn and grow throughout the season.

Take advantage of your time off from work and your children's time off from school to interact and work on new skills. It's a good idea to remind yourself about what behavior is normal and predictable from your young children and what kind of activities are appropriate for different age-groups. Here are a few ideas to help you get started!