



OCTOBER 2025

library.nashville.org/readtorise



READ to RISE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 615-862-5750		1 Narrate what you do during the day to help develop your child's vocabulary.	2 Listen to music from your child's favorite movie or tv show.	3 Read a book about pumpkins.	4 Do leaf rubbings. Find leaves, tape paper over them, and color!
5 Practice hopping on one foot!	6 Count the number of buttons on a shirt or jacket.	7 Deconstruct something - crumble a dry leaf to show how changes occur.	8 Share a memory from your childhood and encourage talking about your child's memories.	9 Sing "Mary Had a Little Lamb"	10 Read a favorite fairy tale.	11 Make your own book of photos and names of your child and familiar people.
12 Gently bounce while you read, rhyme, or sing.	13 Line up your family's shoes. Whose are biggest? The smallest?	14 Put an ice cube in the tub at bath time. Talk about what happens to it.	15 Speak in "parentese", a high pitched, sing-songy voice. Babies under 1 listen more when you do.	16 Sing along with "The Yellow Submarine" by The Beatles.	17 Read a nonfiction book about something that interests your child.	18 Draw circles (or your favorite shape) with different colors.
19 Fingerpaint to expose older infants and toddlers to texture and color.	20 Put small items in a row and count them; rearrange them and ask how many there are.	21 Sort fallen leaves by shape, size, or color.	22 Talk about your favorite foods and your child's favorites.	23 Sing the alphabet song while looking at the letters to reinforce letter awareness.	24 Read a "Talking Book" together.	25 Staple small blank pages together and encourage your older preschoolers to write their own book.
26 Go for a walk and stomp on all the crunchy leaves.	27 Sort your crayons or markers by color.	28 Make observations about the weather. Can you predict what it will be tomorrow?	29 While reading, describe the pictures. Then, ask where an object is and wait for your child to respond.	30 Read a book of nursery rhymes and choose one to sing.	31 Re-read it! Your child learns by repetition and their brain NEEDS it!	