

Parenting Calendar for Grade 4

General Parenting Tips for Grades 3–5

- Maintain open communication with children.
- Encourage curiosity and creativity.
- Appreciate effort more than results.
- Be consistent with routines and discipline.
- Support emotional and social development equally with academics.
- Encourage reading habits throughout the year.
- Spend quality family time regularly.

April – Building Routine & Responsibility

Parenting Tips

- Be patient while children learn independence.
- Appreciate small responsible actions.
- Maintain consistent daily routines.

Daily Activities

- Read together for 20 minutes.
- Encourage children to pack their own school bag.
- Practice gratitude by sharing one good thing about the day.
- Limit screen time and encourage outdoor play.

Weekly Activities

- Family game night.
- Review schoolwork and homework together.
- Organize study table and school materials.
- Discuss one value such as honesty or kindness.

Monthly Activities

- Set learning goals for the new academic session.
- Visit a library or bookstore.
- Create a family routine chart.

May – Summer Learning & Creativity

Parenting Tips

- Encourage creativity without focusing on perfection.
- Allow children to explore hobbies freely.

- Balance fun activities with learning.

Daily Activities

- Practice handwriting or journaling.
- Spend 30 minutes on creative activities like drawing or crafts.
- Drink enough water and follow healthy eating habits.

Weekly Activities

- Try one new hobby or skill.
- Cook a simple recipe together.
- Have a storytelling session.
- Practice basic skills like sewing, stitching, gardening etc with your children.

Monthly Activities

- Plan a family picnic or outing.
- Create a summer reading challenge.
- Encourage children to learn basic household skills.

June – Healthy Habits & School Readiness

Parenting Tips

- Focus on healthy sleep and eating habits.
- Avoid comparing children with others.
- Encourage self-preparation for school.

Daily Activities

- Follow a fixed sleep and wake-up schedule.
- Practice mental math for 10 minutes.
- Discuss daily current affairs with your children.
- Practice Yoga asana with your ward.
- Go for a morning/evening walk with your child.

Weekly Activities

- Organize school supplies.
- Discuss personal hygiene habits.
- Spend time outdoors as a family.

Monthly Activities

- Set academic and personal goals.

- Meet or communicate with teachers if needed.
- Prepare a healthy meal plan together.

July – Communication & Confidence

Parenting Tips

- Listen actively when children speak.
- Encourage confidence by praising effort.
- Help children express emotions calmly.

Daily Activities

- Encourage children to express feelings openly.
- Read aloud together.
- Appreciate one effort made by the child.

Weekly Activities

- Family discussion without gadgets.
- Encourage public speaking through storytelling or presentations.
- Play team-building games.
- Visit market place with your ward.

Monthly Activities

- Attend a school activity or event.
- Create a “confidence wall” with achievements and positive notes.
- Teach children how to handle mistakes positively.

August – Values & Independence

Parenting Tips

- Teach values through daily actions.
- Encourage children to solve small problems independently.
- Give age-appropriate responsibilities.

Daily Activities

- Assign one household responsibility.
- Encourage polite words and respectful communication.
- Practice independent homework habits.
- Take care of your grandparents daily and spend quality time with your family.

Weekly Activities

- Discuss important values such as respect and responsibility.

- Encourage children to help younger siblings or elders.
- Review progress in studies and behaviour.

Monthly Activities

- Celebrate Independence Day by discussing national values.
- Encourage participation in cultural activities.
- Teach basic money-saving habits.

September – Focus on Learning Skills

Parenting Tips

- Support learning without creating pressure.
- Encourage curiosity and questions.
- Celebrate improvement and consistency.

Daily Activities

- Practice multiplication tables or vocabulary.
- Encourage question-asking and curiosity.
- Spend 15 minutes on educational games.

Weekly Activities

- Help children create study schedules.
- Visit an educational place or museum.
- Review test preparation strategies.
- Make one dish without fire with your children.

Monthly Activities

- Evaluate academic progress.
- Reward effort and improvement, not just marks.
- Create a motivational chart.

October – Family Bonding & Festivals

Parenting Tips

- Spend meaningful family time together.
- Teach gratitude and sharing during festivals.
- Reduce gadget use during family activities.

Daily Activities

- Share family stories and traditions.
- Encourage acts of kindness.
- Practice mindfulness or relaxation exercises.
- Do pray/worship with your children.

Weekly Activities

- Participate in festive preparations together.
- Declutter toys and donate unused items.
- Have one “no-screen” family evening.

Monthly Activities

- Teach children about different festivals and cultures.
- Plan a family celebration.
- Encourage gratitude and sharing.
- Visit any orphanage and donate some clothes, sweet or anything you like.

November – Discipline & Gratitude

Parenting Tips

- Use positive discipline instead of punishment.
- Model respectful behaviour.
- Teach children to appreciate others.

Daily Activities

- Follow consistent routines.
- Appreciate teachers, friends, and helpers.
- Practice self-discipline with study and play balance.
- Encourage your ward to attend school daily.
- Show your punctuality in your work and daily life.
- Be humble and help everyone around you.

Weekly Activities

- Review behaviour goals.
- Encourage children to write thank-you notes.
- Discuss good manners and social behaviour.

Monthly Activities

- Participate in community service or charity activities.
- Reflect on achievements and areas to improve.
- Create a gratitude jar.

December – Reflection & Joyful Learning

Parenting Tips

- Focus on family bonding and emotional connection.
- Encourage creative learning during holidays.
- Reflect on positive memories together.

Daily Activities

- Read winter or holiday-themed stories.
- Encourage creative writing or drawing.
- Spend quality family time together.

Weekly Activities

- Plan indoor games and activities.
- Watch educational documentaries together.
- Encourage children to help with holiday planning.

Monthly Activities

- Reflect on the year's achievements.
- Set goals for the next year.
- Create family memories through photos or scrapbooks.
- Visit national park and discuss about the endangered animals.

January – Goal Setting & Motivation

Parenting Tips

- Help children set realistic goals.
- Motivate through encouragement rather than pressure.
- Teach time management step-by-step.

Daily Activities

- Practice positive affirmations.
- Encourage healthy breakfast habits.
- Spend time discussing school experiences.

Weekly Activities

- Review new year goals.
- Encourage participation in sports or physical activities.
- Organize learning materials.

Monthly Activities

- Create a vision board.

- Teach time management skills.
- Celebrate small achievements.

February – Emotional Well-being & Friendship

Parenting Tips

- Talk openly about emotions and friendships.
- Encourage empathy and kindness.
- Help children handle disagreements respectfully.

Daily Activities

- Encourage empathy and kindness.
- Discuss emotions openly.
- Practice relaxation or breathing exercises.
- Talk about sensitivity, patience and level of tolerance.

Weekly Activities

- Arrange playdates or social activities.
- Discuss healthy friendships.
- Encourage teamwork activities.

Monthly Activities

- Teach conflict resolution skills.
- Appreciate friends and family members.
- Reflect on emotional growth.

March – Revision & Celebration

Parenting Tips

- Avoid exam stress and pressure.
- Encourage breaks and relaxation during studies.
- Celebrate effort and learning after exams.

Daily Activities

- Create a calm study environment.
- Revise school topics in small sessions.
- Encourage proper sleep and nutrition.

Weekly Activities

- Practice sample questions and revision games.
- Appreciate effort during exams.

- Spend relaxing family time after studies.

Monthly Activities

- Celebrate achievements after exams.
- Reflect on strengths and improvements.
- Plan enjoyable family activities during holidays.