



April 2017 Healthy Way to Grow Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<p>1. Measure and weigh your child. <i>Look how tall you are getting! Your muscles are growing strong!</i></p>
<p>2. Enjoy a family meal! Roast chicken in the oven with your children's favorite veggies.</p>	<p>3. Sit on the floor and invite your child to step over your legs. Raise your knees for them to climb over the bridge! Hold your infant on your lap and move to new positions.</p>	<p>4. Sometime vs. Anytime Foods. When you give your child a treat remind him, <i>This is a sometime food, a special treat!</i> He will begin to learn foods that nourish and help him grow all the time!</p>	<p>5. National Walking Day. Go for a family walk before or after dinner. Invite neighbors to join you.</p>	<p>6. Children's Book Day. Use your library card to check out any book your child likes! Read together, pointing and turning pages.</p>	<p>7. Fit Friday. Try different movements throughout the day. Take giant steps to the car. Skip to the front door. Tip toe to the bedroom.</p>	<p>8. Healthy Saturday snack or lunch. Cut up fresh veggies and serve with guacamole. Just a taste could do it!</p>
<p>9. On a rainy day have an indoor picnic. Spread a blanket on the floor. Set out dishes and utensils. Invite your child to help you plan the menu and prepare the food.</p>	<p>10. Week of the Young Child. Thank you for all the ways you celebrate healthy change!</p>	<p>11. No TV Tuesdays. Use your TV free time to prepare a meal together, listen to music and dance, or look through family photos and share family stories.</p>	<p>12. Keep fresh fruit in a bowl within your child's reach to grab as a quick snack.</p>	<p>13. When serving, talk about how you divide the food. "There are two of us and one apple. We'll cut it in halves."</p>	<p>14. Sing and move to the tune of "Mary Had a Little Lamb": <i>When I was a little chair, little chair, little chair when I was a little chair I could sit like this.</i> <i>When I was a plane. . . fly, Little ball . . . roll.</i></p>	<p>15. Today I will Try. Name and try foods that begin with the letter "T" . . . tomatoes, tangerine, tahini, tuna, tapioca, tofu, toast, turnips.</p>
<p>16. Your little ones will enjoy <i>Where is Baby's Belly Button</i>, a lift-the-flap book by Karen Katz.</p>	<p>17. Hummus. Combine 1 can garbanzo beans, rinsed and drained, 2 cloves minced garlic, 1 tsp. ground cumin, 1 tbsp. olive oil. Blend on low, gradually add liquid from can. Serve with carrots, celery and cucumbers.</p>	<p>18. Bunny Rabbit Chant & Move. Try this fun way to get moving with your kids. Hippety hoppity Hippety hoppity Hippety hoppity Stop. (<i>Jump like a bunny then stop</i>) I'm so tired I'm so tired (<i>yawn</i>) I think I'm going to flop. (<i>Fall down on the ground</i>).</p>	<p>19. Surprise the family with a sit-down dinner in the middle of the week. Use a crock pot to cook skinless chicken and whole grain rice with fresh vegetables.</p>	<p>20. Fun Routines. Your child is watching and imitating you – make it fun! Play time: Lie on the floor and roll around. Prop yourself up and imitate your child. Bath time: Chase your little one to the room. <i>I'm coming to get you!</i> Bed time: Stretch to the ceiling, then to the floor. Lie down and twist and turn. Take deep breaths.</p>	<p>21. Listen to Your Body. What is it telling you? Ask, Are you tired? Hungry? Thirsty? Is your heart beating fast? Do you feel full?</p>	<p>22. Raised Garden Bed. Enjoy being outside. Let your child help you dig holes and place small plants into your garden bed, patting the soil, then sprinkling with water.</p>
<p>23. Big Squeeze. Colorful squeeze toys are fun to play with. Have fun exploring different shapes, colors and textures with your child.</p>	<p>24. Chicken Salad. Drizzle olive oil on skinless chicken breasts. Sprinkle on basil. Bake in 350 F oven until no longer pink. Toss spinach, lettuce, carrots and tomatoes with olive oil and vinegar. Top salad with chicken cut into bite-size pieces.</p>	<p>25. Animal Moves. As your child is picking up her toys, call out the name of a fast-moving creature, like a bee, and move quickly. While getting ready for bed, move slow like a turtle or elephant to help your child calm down.</p>	<p>26. Celebrate Earth Day! Enjoy hiking on the forest trails; walking in the park; bending and picking up litter; dancing in the rain!</p>	<p>27. Breakfast on the Go. Place 6 oz. plain fat free Greek yogurt in a cup. Layer fresh fruit slices on top.</p>	<p>28. National Arbor Day. What's your favorite tree? Point out real trees outside or pictures of trees to your child. Pretend to be a tree. Move as if air is blowing the leaves, bending the branches, opening to the sun. Strongly put down roots.</p>	<p>29. Try doing some food prep today for Sunday and the week ahead. Shop for groceries and prepare some dishes, put in the freezer to thaw and serve later in the busy week.</p>
<p>30. Poke holes in egg carton cups. Fill with soil. Plant seeds in each. Keep them moist and lit. After sprouting, plant in your garden!</p>						