



August 2017 - Healthy Way to Grow Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Early playful moves! Hold an object above your child for him/her to reach, kick and jump for.	Sensory play. Ask children to close their eyes. Offer different foods to smell, feel or taste (lemon slice, cinnamon, yoghurt).	Bubble fun! Blow, chase, and pop bubbles with your finger, arm, and elbow	Veggie Dips. Use yogurt, melted low-fat cheese or hummus as veggie dips.	Healthy Snacks. Offer your child a choice of two healthy snacks: an apple or a pear, rather than potato chips.
Picnic with whole grain graham crackers dipped in unsweetened applesauce.	Collect favorite stuffed animals and have a picnic for all the animals.	Hold a paper towel tube for your child to put small plastic cars into and move them through.	Give your toddler an empty cup to carry to the table. Fill the cup halfway and ask him/her to bring it to you.	All done! Spoon-fed infants will turn their heads or close their mouths. Toddlers will leave the table or start playing.	Sprouts. Place a damp paper towel in a baggie. Add alfafa or sunflower seeds and seal, placing in a sunny place.	Top whole grain English muffins with low-fat cheese, turkey sausage and tomato slices. Bake and serve with low fat milk.
Top a peach or pear half with low-fat cottage cheese, on whole grain toast or crackers for lunch – yum!	Sit on a porch swing. Your baby will enjoy the movement and your older child swinging her/his legs in and out – with you.	Name a body part. Put a tissue on that spot on your child. Repeat and this time have your child place the tissue on you.	Goop! On a cooking sheet, sprinkle some cornstarch. Drip water slowly and invite your child to mix it with his/her hands. This easily cleans up with water.	Keep plastic containers and wooden spoons in a bottom drawer for your toddler to play “cooking” while you are working in the kitchen.	Banana Boat. Slice a banana down the middle. Scoop out the fruit. Fill the shell with other fruit and banana.	Household jobs for little ones? Give your child a cloth to dust, a bin to pick up toys and put away. Let them help set the table and feed your pets.
Go on a family outing to the zoo. See how funny the giraffe looks bending over to eat and drink!	Weather! Drum feet on the floor for thunder; flutter fingers for rain; clap hands for hail; open arms wide for sun.	Make a tent using a sheet draped over a couple of chairs for your child to rest in, crawl in and out of.	Bean Bags. Fill an old sock halfway with beans. Tie with a rubber band. Turn the sock inside out around the beans and twist it. Fold over the beans again.	Hold a hose of running water for children to jump over, and run through. Supervise whenever around water.	I Spy Orange Food: Sweet potatoes, cheese, carrots, peaches, orange and cantaloupe.	Magic! Put 1 inch of water into a clear glass. Add 10 drops of food coloring. Stand a celery stalk up in the water. Watch what happens!
Pretend to be worms inching along the grass, down a hill, around the room.	Move to, “ <i>Here we go round the mulberry bush</i> ”	Use an empty oatmeal box for a drum to beat. March around the house and yard.	Play hide and seek, inside or outside, taking turns who will hide or seek.	Quick, easy and healthy breakfast! Stuff low-fat shredded cheese and chopped veggies into a whole wheat pita bread pocket. Serve with low fat milk and fresh fruit.		