



February 2017 *Healthy Way to Grow* Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1. Black History Month. Garrett Morgan invented the 3 signal traffic light. Use red, yellow and green light as signals for your children when it's time to get moving or stop moving! Time to walk? Green light! Time to slow down? Yellow light! Stop! Red light!</p>	<p>2. Groundhog Day. Shine a flashlight to create shadows of your body and your child's body. Move so your shadows touch and play together.</p>	<p>3. National Wear Red Day! Show you know and care about the health of your heart by dressing you and your children in the color red today.</p>	<p>4. Guess How Much I Love You by Sam McBratny and Anita Jeram and Baby Love by Sandra Magsumen are wonderful books to share with your children. Unfold Baby Love and touch all the textured pages.</p>
<p>5. Dinnertime. Prepare grilled chicken strips with carrots and red peppers and serve with whole grain pasta.</p>	<p>6. Dental Health Month. Children can learn how to take care of their teeth and enjoy special time with you brushing their teeth, rinsing and sharing those beautiful smiles!</p>	<p>7. How do Polar Bears move? Pretend to be big, heavy polar bears lumbering around the house. Change nap or bed time, to Hibernation Time!</p>	<p>8. Say I Love You When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise, and attention instead of food treats.</p>	<p>9. Recite Nursery Rhymes that include foods. Your child will learn new words and move to the rhythm of the rhymes. For example, Pat-a-Cake, Little Miss Muffett, Polly Put the Kettle On.</p>	<p>10. Healthy Celebrations! Rather than celebrating with candy, dress your child in a special outfit chosen for a special occasion. Choose a special headband, hat or sweater.</p>	<p>11. Read The Three Snow Bears by Jan Brett. It's snowing! Let's make snow balls and throw them at snow people. Oh boy, now it's time to shovel the snow!</p>
<p>12. Sunday Meals. Include pureed foods and finger foods in your menu plans and your toddler can join you at the table. Simple, clean and delicious!</p>	<p>13. After eating dinner as a family, bundle up and go for a walk.</p>	<p>14. Valentine Fruit Cup Put several little pieces of fruit, including a strawberry cut in the shape of a heart, in a mini-cupcake wrapper for a special treat or dessert for each family member.</p>	<p>15. When you send a food item with your child to school, attach a label with the ingredients listed. This will help teachers identify in case of allergies.</p>	<p>16. Winter Wonderland. Watch the snow flakes and dress in snowsuit, boots, mittens and hats. Jump and roll in the snow.</p>	<p>17. Dental Health. Listen to the song Brush Your Teeth, and practice up and down brushing motions.</p>	<p>18. Discovery Basket. Fill a basket with items that are red from around the house. Practice bending, reaching, grasping, letting go, dumping and filling movements.</p>
<p>19. Did you know that sources of protein are foods made from lean meat, poultry, seafood, beans, nuts and seeds?</p>	<p>20. Presidents Day. March around the living room and every time you pass each other, practice saluting. Extend this to saluting throughout the day each time you interact.</p>	<p>21. Jump and measure how far you each jump. Include infants by holding their stuffed animal and pretending it is jumping. Measure how far it goes.</p>	<p>22. Celebrate Washington's Birthday with baked apples. Simply slice apples and place in a baking dish with water. Sprinkle cinnamon on top and bake for 15 minutes at 250 degrees.</p>	<p>23. Ask your center director about your child's Center Wellness Policy Council. Would you like to add your voice to the Center's policies that affect your child's health?</p>	<p>24. Veggie Quesadillas. Fill whole wheat tortillas with chopped pepper, tomato, zucchini, onion and low-fat cheese for lunch, dinner or even healthy snack.</p>	<p>25. Lie on the snowy ground and wave your arms up and down making snow angels with your child. Baby-sized angel and big-sized angel.</p>
<p>26. Healthy Heart Yogurt Fruit Parfait: Invite your budding chefs to help you mix some colorful berries, and layer with granola and non-fat plain yogurt for a delicious treat.</p>	<p>27. Think of foods that begin with the letter 'F'. Pronounce the 'f' sound and words for your toddler to imitate. For ex., fruit, flour, fish, fettuccini, falafel. Follow up by including some of these foods in your planned meals.</p>	<p>28. Food is a great conversation starter! Guess how many potatoes I used to make the mashed potatoes! What's the most delicious food on the table? If you opened a restaurant, what kind would it be? Who's the best cook you know?!</p>				