



## JANUARY *Healthy Way to Grow* Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>1. Happy New Year!</b> What is your family tradition? Black-eyed peas? Potato soup? Involve your whole family in the meal preparation</p>	<p><b>2. Prepare healthy snacks and lunches</b> for your child, increasing fruits, vegetables and whole grains. No need for sugar or salt when you have carrot sticks, sweet apples and low-fat cheese that has a tangy taste.</p>	<p><b>3. Touch your toes Tuesday!</b> Bend, touch and stretch. Look at each other while down.</p>	<p><b>4. Wednesday begins with 'W'.</b> Think of and use the moves in 'w' words: waddle, wave, walk, wink, write, wiggle, wobble, wag, whirl!</p>	<p><b>5. Rainbow Meal.</b> Prepare dinner for the family with an eye to all the colors of the rainbow. Green spinach, orange carrots, white potatoes, red beets. What colors will you add?</p>	<p><b>6. Resolution: Fun Family Physical Fridays.</b> Each week try a new physical activity! Tonight, let's dance!</p>	<p><b>7. Recipe exchange!</b> Ask family members and friends to share recipes. Begin a cookbook!</p>
<p><b>8.</b> Babies need activity too! Lay your infant across your lap, raise one leg to create an incline so it is easier for him to see. As he develops upper body strength, he'll no longer need the lift.</p>	<p><b>9. Create weekly menus</b> together. At the store, identify different fruits and vegetables. Have you tried clementines or kiwi? Brussels sprouts or beets?</p>	<p><b>10. Water.</b> Start the new year by having water available to family members at all times. Have individual cups for each family member and see that it is filled with water throughout the day, including meal time.</p>	<p><b>11. Air Walk.</b> When you go outside, show your child how to wave a hand and feel the air move on your skin. Look for things the air is moving such as flags, branches, scarves and mufflers.</p>	<p><b>12. Winter Soup!</b> Preparing soup can be as simple as cooking veggies in a pot of low sodium chicken or vegetable broth. The natural flavors will combine and you can choose whether to blend to make a creamy soup by blending in the blender or keep the chunky texture.</p>	<p><b>13.</b> Gather balls, hula hoops, jump ropes and ribbons to play with your child and practice throwing, catching, rolling, kicking and batting. Have fun!</p>	<p><b>14. Visit the Library.</b> Check out the book, <i>Peek-a-Moo</i> by Marie Torres Cimarosi; copy the movements.</p>
<p><b>15.</b> Sit down as a family for a meal. Ask your child questions about the food: <i>How do these beans taste to you? I like the way they are a little soft and a little crunchy.</i> Describe baby food to your baby.</p>	<p><b>16. Martin Luther King Holiday Home Parade.</b> Celebrate this special day with a parade around the house to the beat of your wooden spoon on pots and pans.</p>	<p><b>17. Morning Breakfast routine.</b> Set the table the night before with dishes, bowls, and cups. Have healthy breakfast options available, like whole grain cereal and fruit. Set a timer to have plenty of time and begin healthy habits.</p>	<p><b>18.</b> Explain to your child that you're going on a <b>listening walk.</b> <i>Let's put on our listening ears and walk quietly and share what we hear.</i> Walk at least 10 minutes. Describe what you hear for younger children.</p>	<p><b>19. Sweet Potato Vine.</b> Poke 4 toothpicks into the sides of the potato. Fill a jar with water. Set the potato into a jar, resting toothpicks on the rim. Place on a windowsill. Shoots, roots and leaves will emerge. Replenish water as needed.</p>	<p><b>20.</b> When everyone is home, create a new tradition of joining together just for a few minutes before dinner to play ring around the rosy or to have a race.</p>	<p><b>21.</b> Return to the library and check out the book <i>Rah, Rah, Radishes! A Vegetable Chant</i> by April Pulley Sayre to learn a new food.</p>
<p><b>22.</b> Prepare your favorite family meal. Have a conversation about the food: <i>These grapes look so sweet and juicy. I can't wait to taste them! What do you want to taste first?</i></p>	<p><b>23. Healthy Snacks</b> help keep the heart, muscles and bones strong. Help your child make the connection between eating healthy snacks and being strong! <i>These veggies and hummus are making me strong!</i></p>	<p><b>24.</b> If your child refuses to eat certain foods, respond saying, <i>Oh, you don't like it yet?</i> to remind her that food preferences change.</p>	<p><b>25. Run like the Wind.</b> Outdoors, have children hold ribbon sticks above their heads; notice the wind moving the ribbons? Move like a gentle breeze or wild wind.</p>	<p><b>26. Turn off the TV! Some children get too much screen time.</b> Without electronics, they'll find other ways to keep themselves entertained.</p>	<p><b>27. Family Friday.</b> Did you know that children learn to write by holding markers and crayons and scribbling? Invite your child to join you in drawing their favorite healthy foods.</p>	<p><b>28.</b> Hand your toddler a child sized mop and invite them to help you clean the kitchen floor. They will love being your helper!</p>
<p><b>29. Jose Luis Orozco</b> Find a copy or download <i>Arrullos/Lullabies in Spanish; De Colores; Diez Deditos/Ten Little Fingers</i></p>	<p><b>30. Jingle keys,</b> tap a glass with a spoon or cluck your tongue. Encourage your baby to locate the sound. Hide and whisper his name until crawling baby finds you. Older children can close their eyes and move to the sound.</p>	<p><b>31. Tummy Time!</b> Place the baby on his/her tummy: After nap, after diaper change, after feeding ~ two or three or more times a day! Toddlers and preschoolers can roll themselves up in a blanket.</p>				