



JULY 2017 *Healthy Way to Grow* Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Freeze fresh juice into popsicles.
2 Celebrate by serving red, white and blue food: watermelon (red), potatoes (white) and blueberries (blue).	3 Prepare a holiday picnic: baked chicken, corn-on-the-cob and salad.	4 Enjoy 4 th of July leftovers. Have a parade!	5 Egg Boats! Hard-boiled eggs, cut into wedges with a celery mast and cheese sail	6 Babies love faces. Blink your eyes. Stick out your tongue. Smile! Older children will imitate too.	7 Create a tunnel for your child to crawl in and out of.	8 Strawberry Smoothie - Wash 8-10 strawberries. Blend with ½ c. skim milk, 1 c. fat-free yogurt, and 1-2 c. crushed ice until smooth.
9 Imitate butterflies fluttering around a garden.	10 Check out a children's music CD from the library. Move to the beat!	11 Find a local berry farm. Bring pails and fill with blueberries or black berries.	12 Move in a circle: <i>Ring around a rosy, a pocketful of posies, ashes, ashes, we all fall down!</i> Hold your baby in your arms and gently lower.	13 Ask your child which is his/her favorite fruit? Share which one is yours. Is it apples, oranges, or bananas?	14 Place your baby on her back. Lightly tap the bottoms of her feet. Her toes will point and her knees will bend. Toddlers can bend their knees too.	15 <i>I have 2 feet, 2 ears, 2 legs, 10 fingers and 10 toes; I have 2 knees 2 lips 2 hands, And even 2 elbows; I have 2 eyes and 4 eyelids. So, why, do you suppose, With all these parts on my body I only have 1 nose?!</i>
16 At meal time, ask which vegetable is your child's favorite? Green Beans? Broccoli? Carrots? Sweet potato? Encourage tasting.	17 Use a sand pail and shovel with clean sand or soil. Dig and fill the pail. Dump the sand in another place.	18 Toss a beach ball back and forth; roll the ball to each other; Bounce the ball high and invite your child to catch it.	19 As you prepare a meal, play <i>"I spy the color brown" I spy brown eggs, potatoes, beans, rice, cereal, peanut butter.</i>	20 <i>"Row, row, row your boat, gently down the stream."</i> Make rowing motions and move your body back and forth. Hold baby on your lap and row with them.	21 Play the popular song, <i>Happy</i> . Smile and dance around the house with your child. Hold infants and gently dance with them.	22 Babies love to kick. Dress your baby in brightly colored booties for the baby to watch as they kick. Toddlers and preschoolers love to remember when they were babies and lie on their backs kicking their legs!
23 Move like spaghetti: What shape is it like uncooked and in a box? What happens when it is placed in boiling water, being stirred? When it is on a plate, and left out too long?	24 Create a summer salad using fresh ingredients: Some ideas to get you started -- lettuce, carrots, cucumber and oranges!	25 Play <i>Follow the Leader</i> throughout the day -- to the dining table, outside, to the car, to the bedroom. Jump, hop, gallop, skip, and crawl.	26 <i>Round and round the garden went the Teddy Bear, 1 step 2 steps, wiggle everywhere.</i>	27 Show me! Ask, "Can you twirl for me? Show me how you can hop on one leg." Ask your baby to smile at you.	28 Lay down with your baby or child on a blanket outside on the ground. Look up, reach and outline the clouds.	29 Make a Veggie Face! Use cucumber for eyes, tomato nose, green bean mouth and shredded carrots for hair. Use your imagination to create your own!
30 Look through a magazine and tear out pictures of fruit and vegetables. Make a collage! Babies will enjoy the pictures.	31 Allow your child to water the garden plants using a watering can. Gently pour water on your baby's feet.					