



NOVEMBER *Healthy Way to Grow* Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1. Touch the Sky and Earth. Stand with feet hip-width apart. Bring your arms above your head. Stretch and look up as you touch the sky. Breathe out; bend at the waist and bring your arms down to touch the earth. Relax. Keep your back straight as you come all the way back up. Repeat three more times.</p>	<p>2. Celebrate National Eating Healthy Day by being a role model for your family. Eat dinner together at home and offer a variety of fruits and vegetables.</p> <p style="text-align: center;">Go to www.heart.org/nationaleatinghealthyday to find resources for you and your family.</p>	<p>3. Baby Yoga. Place the baby on a blanket on the floor on his back. Sit on the floor behind her head. Smile and talk to the baby. Gently take his right arm. Move it across his body to his left waist. Hold for a few seconds then return it to his side. Repeat with the left arm, then the legs. Say things like 'I'm moving your arm.' I'll touch your waist. That feels good. Let's gently move it back."</p>	<p>4. Make it Veggie. Go meatless once a week. Try using hearty Portobello mushrooms instead of meat for a burger or use up all of your vegetables by mixing them in with whole wheat pasta.</p>	<p>5. The Frog. Stand with your heels together, feet turned out to form a V. Breathe in; rise up on your toes. Breathe out, stay on your toes, keep your back straight, and bend your knees. Go down as low as you can. Straighten your knees and come all the way up, still standing on your toes. Repeat three more times.</p>
<p>6. Pumpkin Time! This orange gourd is loaded with nutrients. Try some fresh pumpkin roasted, in soup, ravioli or risotto.</p>	<p>7. Touch your fingertips to your shoulders. Open your arms straight out to your side. Stretch your fingers wide. Open and close. Are you a flower opening to the sun? A robot moving on command?</p>	<p>8. Root Challenge. Twice a week include root vegetables in your meals – in soups, stews, baked or roasted. Try beets, turnips, parsnips, carrots, onions, or potatoes.</p>	<p>9. Place a bean bag on top of your child's head. Ask him/her to sit. Stand. Move forward and back. Have fun balancing or picking up the bean bag when it drops on the floor.</p>	<p>10. Have regularly scheduled meals and snacks. Children usually need to eat every 2-3 hours during the day.</p>	<p>11. Get your family moving with a walk after dinner tonight. Did you start your exercise journal? Keep it on your fridge and write down all your daily exercise. You'll be surprised how much you move throughout the day!</p>	<p>12. Visit your local library and check out the holiday book, <i>I Know an Old Lady Who Swallowed a Pie</i> for your 3-5 year olds and <i>Curdoroy's Thanksgiving</i> board book for your infants and toddlers.</p>
<p>13. Autumn Leaves are begging for a family yard clean-up session. It's a great workout and everyone loves jumping in the piles afterward!</p>	<p>14. Fall Fruits. Include apples, pears, cranberries, pumpkins and squash on your shopping list. Encourage children to smell and taste new foods.</p>	<p>15. Wiggles! Wiggle your fingers, wiggle your toes, wiggle your shoulders, and wiggle your nose. Recite the poem and enjoy making the movements with your child.</p>	<p>16. Buy uncooked cereals such as oatmeal which cost less than instant cereal and is still easy to prepare.</p>	<p>17. Hot Potato. Sit with your child and pass a potato as quickly as possible. Add a second potato and keep passing. Give babies a clean potato to hold and explore. Have a glass of water after all that activity!</p>	<p>18. Stock up on healthy snacks: Be a healthy eating role model. Mmm, these carrots taste good!</p>	<p>19. As you go through the motions of changing diapers, talk to infants about their movements! Point out to toddlers how their body moves and grows.</p>
<p>20. Set aside time to relax consciously. Take a short stress break – walking, deep breathing, journaling, or listening to music.</p>	<p>21. Herb Taste. Prepare cooked carrots. Put some dried herbs in a small bowl and coat the carrots. Invite your child to see, smell and taste the carrot-herb combination.</p>	<p>22. Read the book <i>Cranberry Thanksgiving</i> by Wenda and Harry Dvlin. Prepare Cranberry Bread, using the recipe at the end of the book.</p>	<p>23. Clear a space to Jump over the river. Place a jump rope on the floor. Wiggle it for each child to jump over, slowly then faster. Invite children to jump long enough to get the heart pumping.</p>	<p>24. Happy Thanksgiving!</p> <p style="text-align: center;"><i>Healthy Way to Grow</i> is thankful for you!</p>	<p>25. Making a stew in the slow cooker? Go easy on the meat. Load up on sturdy winter vegetables like squash, carrots and turnips.</p>	<p>26. What are your favorite family activities? Take the morning or afternoon to do them all! Walk to the park, cook together, sing and dance, tell stories and look at family photos.</p>
<p>27. Measure your child's height by having him/her stand against a poster sheet or a wall. Use a pencil or tape to mark their height. Continue monthly; watch them grow!</p>	<p>28. Include sweet potatoes in your family meal today.</p>	<p>29. Offer new foods regularly. It's normal for children to hesitate to try new foods. Children often need to see a new food 6-12 times before they want to try it.</p>	<p>30. Leg Circles. Stand with feet together, hands on your waist. Put your weight on your left foot. Lift your right leg in front, circle it to the side, back and down behind you. Reverse, circling your leg behind, around to the side then front. Lower your leg to the ground. Circle with the other leg. Repeat several times.</p>			