



NOVEMBER 2017: *Healthy Way to Grow* Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Celebrate National Healthy Eating Day by giving your children a choice of healthy foods, allowing them to choose how much they want to eat.</p>	<p>Pumpkin Time! This orange gourd is loaded with nutrients. Try some fresh pumpkin roasted, in soup, ravioli or risotto</p>	<p>Have regularly scheduled meals and snacks. Children usually need to eat every 2-3 hours during the day.</p>	<p>Include sweet potatoes in your family meal today.</p>
<p>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>	<p>Buy uncooked cereals such as oatmeal which cost less than instant cereal and is still easy to prepare.</p>	<p>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>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>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>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>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>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>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>Root Challenge. Twice a week include root vegetables in your meals – in soups, stews, baked or roasted. (beets, turnips, parsnips, carrots, onions, potatoes)</p>	<p>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>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>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>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>Curdroy's Thanksgiving</i> board book for your infants and toddlers.</p>
<p>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>Visit your child's program and compare menu notes. Are they eating a new food at school that you can try at home? Or, can you share special healthy foods you like at home for them to serve at the center?</p>	<p>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>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>Happy Thanksgiving! <i>Healthy Way to Grow</i> is thankful for you!</p>	<p>Stock up on healthy snacks: Be a healthy eating role model. Mmm, these carrots taste good!</p>	<p>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>Set aside time to relax consciously. Take a short stress break – walking, deep breathing, journaling, listening to music.</p>	<p>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>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>Fall Fruits. Include apples, pears, cranberries, pumpkins and squash on your shopping list. Encourage children to smell and taste new foods.</p>	<p>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>		