

Healthy Way to Grow Calendar - October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Physical Activity Log. Create a family log where you mark in family walks, running games, dancing, & other activities you enjoy.</p>	<p>Think of foods that begin with the letter 'O' (orange, okra, oatmeal) Pronounce the 'O' sound and words for your child to imitate.</p>	<p>No TV Tuesdays. Read an extra book together, listen and dance to music or spend extra time in the kitchen.</p>	<p>Walking Wednesdays. A new month begins! Before the days get much shorter, take a walk with your child before or after dinner.</p>	<p>Send a healthy snack with your child: Apples and unsweetened peanut butter on oat cakes; whole grain crackers with hummus.</p>	<p>Fit Friday. Begin a family tradition. Every Friday prepare dinner and have family mealtime together. Homemade pizza on a whole grain crust and salad, yum!</p>	<p>Saturday Swings. Take a family trip to your local playground and enjoy pushing your children on the swings. Feet out, feet in. Push me again!</p>
<p>Water is good! Use a pitcher to have water available for yourself and your children whenever you are thirsty.</p>	<p>Place pillows or cushions on the floor so baby can creep, crawl, roll and climb over safely. Toddlers enjoy pretending to be babies again! Even preschoolers enjoy rolling over a pillow in one direction and another.</p>	<p>Healthy breakfast! Apple cinnamon oatmeal Boil 1 cup oats, 1 cup skim milk and 3 cup water. Simmer on low, adding 1 cup unsweetened applesauce and 1 tablespoon cinnamon. Enjoy!</p>	<p>International Walk to School Day is a global event with 40 countries and 50 U.S. participating states. Families walk their children to school, emphasizing safe routes. Walk your child to school today!</p>	<p>Visit your child's classroom and share snack time or meal time. Ask if you can visit the kitchen and learn about the healthy foods prepared.</p>	<p>Make a magic wand using a stick and a piece of cloth. Wave the wand and invite your child to move like a tree, butterfly, or anything you imagine! Babies will love watching you move.</p>	<p>Read food labels at the grocery store and choose the healthiest foods! Talk to your child about making healthy choices.</p>
<p>Explore nature with your children. Find a grassy area or a park bench. Gently touch the grass or move your hands through the water.</p>	<p>Write a media use plan for your family. Consider TVs, phones, tablets and computers. Make a goal of no screen time for children under two and limit screen time to 2 hours for older kids.</p>	<p>Hold my hand! For safety, bonding, and having fun, hold your child's hand and swing your arms together.</p>	<p>Use your library card to check out the book "It's Pumpkin Time" by Zoe Hall.</p>  <p>Make plans to visit a pumpkin patch!</p>	<p>While you prepare supper, children can play music on your pots and pans with wooden or plastic spoons.</p>	<p>Homemade Applesauce. Peel 2 apples and cut into small pieces. Blend in a blender or food processor until very smooth. Pour the mixture into your bowl and add 2 pinches of cinnamon. Yum!</p>	<p>Plan a family outing to the library. Check out "Clifford, the Big Red Dog- The Leaf Pile"</p>  <p>Read the book together and go outside and rake some leaves or jump in a leaf pile!</p>
<p>Baked Apples & Yogurt! Core an apple and cut it in half. Bake on a baking sheet in the oven for 15 minutes at 350. Remove from the oven. Put a pinch of cinnamon over each half. Place a spoonful of yogurt over the apple halves.</p>	<p>Give your children a choice of healthy foods and let them decide how much they want to eat.</p>	<p>Take a walk with your child or push younger children in strollers. Even ten minutes is good!</p>	<p>Stock up on healthy snacks: Be a healthy eating role model. <i>Mmm, these carrots taste good. This water is refreshing!</i></p>	<p>Join your center's Wellness Policy Council! Ask your center director how you can help.</p>	<p>Pot Luck. Invite friends, neighbors and family to join you for a healthy pot luck meal. Ask everyone to bring something healthy. You provide the water and one dish. Compare your favorite foods.</p>	<p>Sing to the tune of <i>Mary had a Little Lamb</i> : Once I saw an apple tree, apple tree, apple tree; once I saw an apple tree with a bright red apple; I reached up to the apple tree, apple tree, apple tree; I reached up to the apple tree and Plucked! The apple tree – Crunch. (Pretend to see, reach and take a bite)</p>
<p>Take your family on a trip to the apple orchard. Talk to your children about the different varieties and colors of apples.</p>	<p>Try redirection. Each time candy is asked for this week, bring out the bubbles and blow.</p>	<p>Ducking for Apples! Supervise children bobbing for apples in a pot of water. Infants can splash and pat the apples.</p>				