



SEPTEMBER: *Healthy Way to Grow* Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Fit Friday. Begin a family tradition. Every Friday plan to prepare dinner and have family mealtime together.	September Salad. Take a trip to your local farmer's market for seasonal foods to put in your salads.
Plan a family outing to the library. Check out "The Berenstain Bears and Too Much TV" by Stan & Jan Berenstain. Turn off your tv and read the book together.	Labor Day. Take the AHA Life is Why Family Health Challenge! www.heart.org/healthierkids	Ask your center director about Healthy Way to Grow!	Walking Wednesdays. Take the first step. Start walking! Why? It's easy, it works and it pays off!	Cut the rind off a seedless watermelon and chop into chunks. Mash or blend until smooth for a cool, refreshing drink	Rainbow Run. When you go outside, encourage your preschooler to move by saying, "When I say a color of the rainbow, run and touch something of that color." Take your toddlers hand and move together.	Steps on Saturday! Count the steps you and your child take from one room to another or from the house to the car. Count aloud to your baby as you carry from one spot to another.
End of Summer. Before the days get much shorter, take a walk with your child before or after dinner	Kitchen Helpers See how many ways your children can help you! They are able to stir with a spoon, rinse produce, and even measure and pour.	Tag- You're it! Tag your child and move away for them to chase you. Duck down and up for babies to look for you.	Use your library card to check out the book, <i>I Went Walking</i> by Sue Williams & Julie Vivas.	Rinse and cut broccoli, zucchini, red peppers, celery and carrots into different shapes to create faces on a paper plate.	Have children pack a family member's lunch. You may be surprised by what children choose. Talk about whether each of the items is a healthy choice.	Nickelodeon, a children's television network for Worldwide Day of Play is going off the air for three hours to encourage kids to go outside and play. Join by turning off the tv.
Sunday Salmon. Treat the family to broiled salmon for a start to a special nutritious dinner.	Provide colorful and moving mobiles over baby's crib so that she can reach and grasp or kick with her feet.	Cut banana or apple into chunks. Spread with almond butter or cream cheese and roll the chunks in cereal for a healthy snack!	Hold your child's hand and walk at their pace, swinging your arms.	First thing in the morning take a deep breath and stretch your arms up high. Exhale and touch the floor. Babies will watch and older children imitate you.	Cut low-fat cheese, veggies and sandwiches into fun, irresistible shapes for preschoolers.	Cut out magazine pictures of food. At the store, ask your child to help you find the food that matches the picture.
Birds Nest. Place a whole grain bagel in a pan with 1 tbsp. olive oil. Crack an egg into the hole and cook. Add spinach around the sides.	Last day of the Life is Why Family Health Challenge! How did you do?	Think of all the foods that begin with the letter 'S' (strawberries, spinach, squash. . .) Pronounce the 's' sound and words for your child to imitate.	During bath time, talk with your children about their bodies. Name body parts and talk about healthy habits.	Run in place with your child and check to feel your heart speed up	Encourage families to drink water by flavoring with lemon, lime, or orange slices.	Hold up a potato and say, "root food" and squat down. Hold up a lemon-say "top food". Jump or reach up. Take turns with your child.