



JUNE 2017 *Healthy Way to Grow* Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1 Place 1 fruit or vegetable into a paper bag. Ask your child to reach in and guess what it is and describe it.</p>	<p>2 Sit on the floor with your legs outstretched and roll a ball to each other.</p>	<p>3 Sing to the tune of <i>'The Farmer in the Dell'</i> <i>It's time to find the milk, It's time to find the milk. Hi ho the Derryoh, It's time to find the milk.</i></p>
<p>4 Put a blanket on the ground; lie down with your child on your backs and practice rolling from side to side.</p>	<p>5 Tell funny family stories during meal times.</p>	<p>6 Go for a short walk in your neighborhood. Talk to your child about what you see. Hold hands and wave your arms as you walk.</p>	<p>7 Add bananas or berries to cereal or yogurt.</p>	<p>8 Dance around the living room and imitate each other.</p>	<p>9 Plant a garden outside. Dig a hole, plant some seeds and water them together.</p>	<p>10 Show your child how to crawl, hop, jump, or take giant steps to the table when you announce meal times and snack times.</p>
<p>11 During meals and snacks, notice the color of the food. Afterwards, use a crayon or paintbrush to create your menu of foods: yellow banana, green grape, red apple, etc.</p>	<p>12 Put grapes in the freezer for a refreshing snack.</p>	<p>13 Hold a brightly colored object in front of your baby. When she/he looks at it, slowly move it so her/his eyes will follow the object.</p>	<p>14 Picnic time! Pack a healthy lunch and go to the park or your back yard for a family picnic.</p>	<p>15 Offer a new fruit or vegetable today: Kiwi, pineapple, mango, kale, or cauliflower.</p>	<p>16 Peek-a-boo! Hold a towel in front of your face, and then move it away. See the delight on your child's face</p>	<p>17 Add peppers, onions, or other vegetables to spaghetti sauce.</p>
<p>18 Hold a mirror up for your baby and toddler to see his/her face. Make funny faces and watch them imitate you by moving their eyes and mouth.</p>	<p>19 Roll and fly! Pretend to be a caterpillar that turns into a butterfly.</p>	<p>20 Take several balls outside to roll, throw and bounce together.</p>	<p>21 Using sticks or kitchen utensils, keep the beat and march around the house.</p>	<p>22 Top baked potatoes with salsa.</p>	<p>23 Put a blanket over a chair. Pretend it's a kennel for your little 'dogs' to crawl in and out of.</p>	<p>24 Pretend you're a sunflower! Curl up like a seed, jump up from the ground and spread your arms like branches to reach for the sky.</p>
<p>25 Don't forget to water your garden! Talk about your tomato or cucumber or pepper sprouts!</p>	<p>26 Serve your 2 years and older children (1%) or non-fat milk with their lunch today.</p>	<p>27 Name that food! While grocery shopping, point and name all the different fruit and veggies.</p>	<p>28 Make a paper plate trail. Walk over the plates, on the plates, around the plates.</p>	<p>29 Place laundry baskets in an open space. Toss beach balls into baskets or other container.</p>	<p>30 Place your baby on his or her tummy with a rattle nearby to reach for.</p>	

Adapted from: Healthy from the Start; Color Me Healthy; Head Start Body Start; NC Net program- Eat Right Montana; Move to Improve, NYC Health; Brain Games for Infants & Toddlers