



## DECEMBER *Healthy Way to Grow* Calendar

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  |
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|  |  |   |   | <p><b>1.</b> Think of foods that begin with the first letter of your child's name. For ex., "Oliver" begins with "O"- okra, oatmeal, oranges, onions and omelets.</p>           | <p><b>2.</b> Fit Friday. Continue your new family tradition Prepare dinner and have family mealtime together. Have you tried grilled chicken tacos? Yum!</p>                    | <p><b>3.</b> Healthy Breakfast. Try unsweetened peanut butter on whole grain bread with fresh banana or apple wedges and low-fat milk.</p>  |
| <p><b>4.</b> Trying new foods can be fun! Eat 3 different crunchy vegetables and see which one crunches the loudest!</p>   | <p><b>5.</b> There are many benefits of physical activity: Sleep well, more energy, build stronger muscles and bones, better posture and balance. Get up and get moving!</p>   | <p><b>6.</b> Use a cookie cutter to cut cheese, veggies and sandwiches into fun, irresistible shapes.</p>                                 | <p><b>7.</b> Sneak activity into the day-walk instead of ride in the cart at the super market; drive halfway to school, park the car and walk the rest of the way.</p>  | <p><b>8.</b> Simple Snacks. Spread hummus on whole wheat pita or try lean turkey on a toasted English muffin</p>  | <p><b>9.</b> Some activity is better than no activity. Even if you have just 10 minutes in the morning and 20 minutes in the evening, use it for playful physical activity.</p> | <p><b>10.</b> Healthy Breakfast. Make a smoothie using low fat milk or yogurt, fruit and a teaspoon of bran whirled in a blender.</p>   |
| <p><b>11.</b> Gather together for your family library outing. Check out Owl Moon by Jane Yolen A story of a child and her father. "Hoot Hoot," says the owl.</p>  | <p><b>12.</b> Commercial Activity Break. If you are watching TV with your children, get up and move during commercials. Clap, wiggle, march, squat, pushup and wave. Move together until the show comes back on.</p> | <p><b>13.</b> Simple snacks for Toddlers include finger friendly bite size foods such as fresh fruit sliced or cut into small pieces.</p> | <p><b>14.</b> Use your library card to check out the book, "Snowy Day" by Ezra Jack Keats. Notice all the winter activity!</p>  | <p><b>15.</b> Winter Games. Pretend to be polar bears, hibernating in the winter or penguins waddling on the ice. Have fun making up stories and moving with your children!</p> | <p><b>16.</b> Food Art. Place apple wedges as flower petals around kiwi slices on a plate or make faces using berries and a banana mouth.</p>                                   | <p><b>17.</b> Mall Walk &amp; Talk. Going shopping? Hold your toddler's hand or push your baby in the stroller around the mall, resting occasionally, then walking some more.</p> |
| <p><b>18.</b> Family Recipe Exchange. Write your favorite healthy family recipe on a card and invite your family or neighbors to exchange. Get together to share the results!</p>  | <p><b>19.</b> Babies carefully watch facial expressions and listen to voices. Talk to them! At 2 months your baby will coo and smiles back at you.</p>   | <p><b>20.</b> No TV Tuesdays. Read an extra book together, listen to music or spend extra time in the kitchen.</p>                        | <p><b>21.</b> Winter begins! Offer hugs, praise and attention just because!</p>   | <p><b>22.</b> Family Feast. Food is an important part of family celebrations. Enjoy your special holiday together.</p>  | <p><b>23.</b> Disco Night. Move furniture aside, and put on dance tunes. Take turns using a flashlight to create a strobe light. Younger children will try to imitate you.</p>  | <p><b>24.</b> Healthy Breakfast. Get those veggies in by adding them to an omelet. You can eat vegetables for breakfast!</p>  |
| <p><b>25.</b> Neighborhood walk or run. Walk or run together with other families and friends in the neighborhood.</p>  | <p><b>26.</b> Create a food rainbow on each plate and let your child decide which color to eat first. Encourage infants and toddlers to touch and taste the food as developmentally appropriate.</p>                 | <p><b>27.</b> Enjoy taking family walks together before or after dinner.</p>  | <p><b>28.</b> December Dance. Dance to the table Dance to the door Dance to the bedroom And then dance some more!</p>   | <p><b>29.</b> Healthy Breakfast. Fill a whole wheat pita with chopped hard boiled eggs. Add a banana for a delicious and healthy start to the day!</p>                          | <p><b>30.</b> Set a regular sleep schedule with regular naptimes and bedtime. Children and adults will enjoy the predictable routine!</p>                                       | <p><b>31.</b> Celebrate the end of the year and the beginning of the New Year by banging pots and pans with spoons and marching around the house!</p>                             |