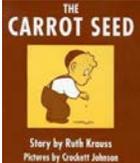




## May 2017 *Healthy Way to Grow* Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>1. May Day.</b> Use a broom or tube as pretend May poles and welcome spring with a dance!  <i>Dance Around the Maypole Reach up high and then down low</i>  <i>'Dance around the Maypole Round and round you go</i></p>	<p><b>2.</b> Join families, schools and community groups in pledging a <b>Screen Free Week May 1-7.</b> Spend 7 days of quality family time without TV or computer games.</p>	<p><b>3.</b> Toddlers will enjoy a <b>simple mid-afternoon snack</b> of a banana and ½ cup of skim milk.</p>	<p><b>4.</b> Give children opportunities to develop their fine-motor skills by encouraging them to scribble and draw with crayons and pencils.</p>	<p><b>5. Cinco de Mayo.</b> Prepare the <b>Strawberry Fruit salsa</b> recipe that is included on your <i>Healthy Way to Grow</i> Family newsletter.</p>	<p><b>6.</b> Try foods that begin with the letter S- sweet potato, strawberry, spinach, salmon, snow peas, squash, and star fruit.</p>
<p><b>7. National Bike Month.</b> Go for a bike ride as a family. No bikes? Lie on your back on the floor and bicycle your legs. Your children will love "racing" you!</p>	<p><b>8.</b> Provide colorful and moving mobiles over baby's crib so that she can reach and grasp or kick with her feet.</p>	<p><b>9.</b> Preschoolers need to move in a variety of ways that require coordinating body movements with visual information. Roll that ball, now throw and catch, strike and kick!</p>	<p><b>10.</b> Check out <i>The Carrot Seed</i> by Ruth Kraus from your library.</p> 	<p><b>11. Rolling &amp; Flying!</b> Find a safe space in your house or outside to practice rolling in a straight, strong line. Be a caterpillar rolling in your cocoon, then fly away, butterfly!</p>	<p><b>12. Provider Appreciation Day!</b> Pick wildflowers with your children and bring them to their teacher to say, Thank you for all you do each day!</p>	<p><b>13.</b> During family meals, talk about your feelings of fullness, especially with younger children. You might say, "This is delicious, but I'm full, so I'm going to stop eating."</p>
<p><b>14. Celebrate Healthy Mother's Day</b> by serving mom a healthy breakfast in bed, followed by a neighborhood walk to the park or playground.</p>	<p><b>15. Be a cloud!</b> Watch the clouds and shift your body into all of the shapes that the clouds make – float through space going high, low, fast and slow.</p>	<p><b>16.</b> Cut low-fat cheese, veggies and sandwiches into fun, irresistible shapes for preschoolers.</p>	<p><b>17.</b> Infants can play with large blocks, stacking toys, nesting cups, textured balls, and squeeze toys.</p>	<p><b>18.</b> Keep fresh fruit in a bowl within your child's reach to grab as a quick snack.</p>	<p><b>19. Fit Friday.</b> Try different movements throughout the day. Take giant steps to the car. Skip to the front door. Tip toe to the bedroom.</p>	<p><b>20. Gardening!</b> Today is the day to dig in the dirt, water your sprouts, and pick lettuce leaves or kale or other greens that are ready to be added to your salad.</p>
<p><b>21. Sweet potato sticks</b>          Preheat oven to 350. Coat the bottom of a baking dish with olive oil. Wash and peel 3 large sweet potatoes. Cut them into pieces and place the cut potatoes in the baking dish. Turn them so they are coated with olive oil. Sprinkle with oregano, salt and pepper. Bake for 60 minutes or until soft.</p>	<p><b>22.</b> Provide preschoolers with opportunities to draw, play musical instruments, and complete puzzles in order to further develop fine-motor skills.</p>	<p><b>23.</b> Move to the tune of <b>Three Blind Mice!</b>  <i>Rain, rain, rain rain, rain rain</i>  <i>Dribble, dribble, splash!</i>  <i>Dribble, dribble, splash!</i>  <i>Grab your boots, your coat, and hat,</i>  <i>Jump in a puddle and go kersplat!</i>  <i>Stomp about just like that,</i>  <i>Rain, rain, rain</i></p>	<p><b>24.</b> Gather your family around the table this evening for a healthy dinner!</p>  <p><i>Eat together as a family as often as possible.</i></p>	<p><b>25. Guacamole.</b> Mash 2 avocados in a bowl until creamy. Mix 1 c chopped tomatoes, ¼ c chopped onions, ¼ c chopped cilantro, and 2 tsp. lemon juice into mashed avocado.</p>	<p><b>26.</b> If your child asks for fruit juice, try surprising them with berries or a slice of orange in their water for flavor!</p>	<p><b>27. Kale Chips.</b> Wash 1 bunch kale in cool water. Dry with paper towels. Tear dry kale leaves into pieces removing stems. In a bowl gently toss with olive oil. Preheat oven to 325. Line a baking sheet with parchment paper. Bake 15 min. turning halfway through. Remove chips and serve.</p>
<p><b>28. Choose a special way to signal meal and snack times.</b> Ring a bell, play a song, choose a child's instrument.</p>	<p><b>29. Happy Memorial Day Parade!</b> Pretend to play your favorite instrument and go on a parade around the yard.</p>	<p><b>30. Turn off the TV.</b> Grab a water bottle, snack and sunscreen and have a family adventure in the great outdoors.</p>	<p><b>31. May Basket Snacks.</b> Make cup baskets for your children. Fill each one with small finger foods, such as cereals, crackers, or fruit</p>			