

Sunday	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p><b>Great read July 8th</b></p>  <p>Mama, I'll Give You the World</p>	<p><b>Firework Safety</b></p> 	<p><b>1</b></p> <p>As the Caregiver; Trust yourself. You know more than you think you do.</p> <p><b>Dr. Benjamin Spock</b></p>	<p><b>2</b></p> <p>Are you using proper sunscreen on your child?</p> 	<p><b>3</b></p> <p><b>National Ice Cream Day</b></p>  <p><b>Fun toppings for a family dessert</b></p>	<p><b>4</b></p> <p><b>Celebrate July 4<sup>th</sup></b> Watch your child; especially if fireworks are present! <a href="http://kidshealth.org/parent/firstaid_safe/outdoor/fireworks.html">http://kidshealth.org/parent/firstaid_safe/outdoor/fireworks.html</a></p>
<p><b>5</b></p> <p><b>National Graham Cracker Day</b> Have fun with cracker shapes!</p> 	<p><b>6</b></p> <p><b>Let's have SUMMER SKY Jell-O!</b> <a href="http://madincrafts.com/summer-skies-jello-snack/">http://madincrafts.com/summer-skies-jello-snack/</a></p>	<p><b>7</b></p> <p><b>National Macaroni Day</b> <a href="http://www.popsugar.com/moms/Pasta-Recipes-Kids-30711528#photo-30711528">http://www.popsugar.com/moms/Pasta-Recipes-Kids-30711528#photo-30711528</a></p>	<p><b>8</b></p> <p><b>Mama, I'll Give You the World</b> by Roni Schotter A lyrical story about the strength of a mother's love &amp; a child's love for her mother.</p>	<p><b>9</b></p> <p><b>Learn to meditate.</b> <a href="https://www.pgeveryday.com/health-wellbeing/stress-relief/article/5-simple-meditation-techniques-for-busy-moms">https://www.pgeveryday.com/health-wellbeing/stress-relief/article/5-simple-meditation-techniques-for-busy-moms</a></p>	<p><b>10</b></p> <p>Make cards to give to cheer up someone! <a href="http://www.redtedart.com/2012/05/11/20-card-making-ideas-for-kids/">http://www.redtedart.com/2012/05/11/20-card-making-ideas-for-kids/</a></p>	<p><b>11</b></p> <p><b>National Cheer Up the Lonely Day</b> With your child, do something nice for a neighbor who is alone or Make cards &amp; take them to a senior home.</p>
<p><b>12</b></p> <p><b>Time for you to have a break!</b> It's okay for the little Ones to watch a movie or have a sitter for you to take a walk or read a book!</p>	<p><b>13</b></p> <p>Check out story time at the library or local bookstore!</p> 	<p><b>14</b></p> <p><b>Do you have a "BAG OF TRICKS" for car travel?</b> Think of <b>Finger puppets, picture books or children's music cds</b> to keep them amused in</p>	<p><b>15</b></p> <p><b>Remember, children are out for Summer play; be extra aware</b></p> <p>When driving through neighborhoods, parks &amp; recreation</p> 	<p><b>16</b></p> <p><i>Children, marriage &amp; flowers all reflect The care they are Given.</i></p> 	<p><b>17</b></p>  <p><b>YELLOW PIG DAY</b> Play a math game with your child. <b>Crazy 8's</b></p>	<p><b>18</b></p> <p>Go on a Nature Walk &amp; gather things to make a <b>SUMMER COLLAGE!</b></p> 
<p><b>19</b></p> <p><b>SUMMER COLLAGE!</b> <a href="http://www.two-daloo.com/toddler-art-tuesdays-painted-nature-collage-and-nature-art-roundup/">http://www.two-daloo.com/toddler-art-tuesdays-painted-nature-collage-and-nature-art-roundup/</a></p>	<p><b>20</b></p> <p>It takes a big heart to shape a little mind.</p>	<p><b>21</b></p> <p>Make sure you have any of your child's medical appointments scheduled for back to school. Dentist? Any immunizations? Eye doctor?</p>	<p><b>22</b></p> <p>If you have a child with Special Needs, check <b>Special Needs Parenting</b> Magazine. It has tips, articles &amp; is free on line!</p>	<p><b>23</b></p> <p><b>"TAKE IT EASY DINNER NIGHT"</b> Relax (try to) &amp; pick up cooked chicken or pizza. Add fresh fruit &amp; have a casual evening, even eat</p>	<p><b>24</b></p> <p>I've heard babies cry ... I've watched them grow...they'll learn so much more than I'll ever know. I think to myself, what a wonderful world</p>	<p><b>25</b></p> <p>Go outside with a plastic tablecloth, cookie cutters &amp; <b>PLAY-DOH</b> &amp; watch the children gather.</p> 
<p><b>26</b></p> <p><b>National Aunt &amp; Uncle Day</b> Look at family photos, talk about who your relatives are; maybe even call or visit a family member!</p>	<p><b>27</b></p> <p><b>Schedule a day to visit a local museum, zoo or nature park.</b> Sometimes we forget what is right near our home.</p>	<p><b>28</b></p> <p>Read the comics or a comic book with your child. Tell him which ones you liked.</p> 	<p><b>29</b></p> <p><b>National Lasagna Day</b> <a href="http://www.homemadefriendliness.com/kid-friendly-spinach-lasagna-roll-ups/">http://www.homemadefriendliness.com/kid-friendly-spinach-lasagna-roll-ups/</a></p> 	<p><b>30</b></p> <p>Let's watch Lightning Bugs! Would your child like to glow when he walks?</p> 	<p><b>31</b></p> <p><b>Children are 1/3 of our population &amp; ALL of our future.</b> Give them the best care!</p>	



The contents of this fact sheet were developed under a grant from the U.S Department of Education, #H328M140013, in collaboration with the Virginia Department of Education. However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government. Project Officer, Julia Martin Eile.

