

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	January 6th 	January 8th 	January 12th 	January 20th 	1 	2 With your child, organize his backpack! It's back to school!
3 It's cold & flu season. Make sure your child has his own tissues in his backpack & remind him to wash his hands! 	4 National Trivia Day Play an age appropriate game of trivia with your child. 	5 Know the signs for childhood depression & anxiety. http://kidshealth.org/parent/emotions/feeling/s/understanding_depression.html	6 Can your child name the food groups ? http://www.choosemyplate.gov/MyPlate	7 Do you have a working thermometer, children's pain reliever & nasal spray for winter sniffles? 	8 National JoyGerm Day Smile, be kind, inspire & spread one kind of germ that is good for everyone to catch	9 It's cold but bundle up & go outside for fresh air & family exercise.
10 National Sunday Supper Day Cook Together! http://www.bonappetit.com/recipes/family-meals/slideshow/sunday-supper#8	11 Look at the national weather with your child. Where is it warm, where is it cold? 	12 Try a few minutes of meditation to reduce stress, encourage your child to try it. http://www.chopra.com/eci/how-to-get-kids-to-meditate	13 Has your child made any new friends this school year? Who? 	14 Have your child tell you any new words he learned this week. 	15 Friday night family movie & cocoa night! 	16 Stock your kitchen with some extra basics in case you find yourselves Snowed in!
17 Do fun winter crafts together. http://www.activityvillage.co.uk/winter-crafts 	18 National Winnie the Pooh Day. Talk about what Pooh does to be a Friend. 	19 Ask your child to think up a new holiday. What would it be, how would it be celebrated? 	20 A good book for your child about eating properly: Healthy Eating by Emily Green 	21 Squirrel Appreciation Day! Would it be fun to be a squirrel? 	22 Talk to child your child; with whom does he eat lunch? Who are his friends on the playground?	23 Do you have a beach ball? How about indoor crab soccer?
24 National Compliment Day. Explain to your child the importance of saying something nice. 	25 If your child was a teacher, what subject would he teach? 	26 It is more important to educate our children to be happy, not rich.	27 Help your child make a list of things that make him happy, sad & mad. Talk about "why"?	28 Make a list of activities for your child for a snow day http://longisland.mom/mypoppins.com/kids/snow-day-boredom-busters-40-indoor-activities-when-the-kids-are-stuck-at-home	29 Take care of yourself when weather closes you in: have magazines & books for you! 	30/31 Winter skin needs extra care. Do you have lip balm & lotion for your family?