


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Look at the 17th!</p> 			<p>1</p> <p>Start the year with a healthy breakfast together!</p> 	<p>2</p> <p>Colds &amp; Flu happen. Check for thermometer, fever reducer &amp; post doctor's number!</p> 	<p>3</p> <p>Mark friends &amp; family birthdays for the next few months on a calendar together!</p> 
<p>4</p> <p>Make sure you &amp; your child know his schedule as Winter Breaks end!</p>  <p>✓ Check Schedule</p>	<p>5</p> <p>Focus on a Healthy Family Dinner!</p> <p><a href="http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_kids_dinner_recipes">http://www.eatingwell.com/recipes_menus/recipe_slideshows/healthy_kids_dinner_recipes</a></p>	<p>6</p> <p>Relax together tonight with Hot Cocoa &amp; talk about fun things from Winter Break.</p>	<p>7</p> <p>Do you know the name of your child's Guidance Counselor? Ask your child who he would go to if he had a problem during school.</p>	<p>8</p> <p>Bubble Bath Day Surprise your child with fun BATH SOAP</p> 	<p>9</p> <p>While you make dinner, have your child draw picture of 10 healthy foods. Talk about them</p> 	<p>10</p> <p>Talk about ways your family can exercise in Winter. Bundle up &amp; go walk!</p> 
<p>11</p> <p>National Milk Day! Make healthy shakes</p> <p><a href="http://www.health.com/health/gallery/0,,20356969_4,00.html">http://www.health.com/health/gallery/0,,20356969_4,00.html</a></p>	<p>12</p> <p>Review Child Supervision Guidelines</p> <p><a href="http://www.dss.virginia.gov/files/division/dfs/eps/intro_page/publications/general/alone.pdf">http://www.dss.virginia.gov/files/division/dfs/eps/intro_page/publications/general/alone.pdf</a></p>	<p>13</p> <p>National Rubber Duck Day!</p> 	<p>14</p> <p>Every child is Gifted. Each just Unwraps at Different times.</p>	<p>15</p> <p>Help your child start a journal; even a picture a Day!</p> <p><a href="http://www.crayola.com/crafts/new-season-journal-craft/">http://www.crayola.com/crafts/new-season-journal-craft/</a></p>	<p>16</p> <p>Now, have your child draw pictures of 10 Unhealthy foods. Talk about them!</p>	<p>17</p> <p>Go to bookstore or library &amp; pick a book to Read together. Look for Margo's Magnificent Choice; helping children understand social cues.</p>
<p>18</p> <p>It's a good night for Family board games</p> 	<p>19</p> <p>Ask your child if he is Afraid of anything. TALKING ABOUT IT HELPS YOU BOTH.</p> 	<p>20</p> <p>Babv. It's cold outside! Is your child dressing properly for outside play?</p> 	<p>21</p> <p>Squirrel Appreciation Day</p> <p>Ask your child what he would like about being a squirrel</p>	<p>22</p> <p>Look at the Weather Section of the newspaper. What is the weather in other places where your family has been?</p>	<p>23</p> <p>National Handwriting Day</p> <p>Help you child make a picture with her name</p> 	<p>24</p> <p>National Compliment Day</p> <p>A compliment costs nothing but its value is worth a fortune.</p>
<p>25</p> <p>Have your child make Up a Holiday &amp; how to Celebrate it. Flying Pig Day?</p> 	<p>26</p> <p>Children are Happy because they don't have a file in their minds called, "All the things that COULD go wrong."</p>	<p>27</p> <p>Does your child have His own tissues at school &amp; in his backpack?</p> 	<p>28</p> <p>Have your child start His own recipe file with a list of healthy favorites.</p> 	<p>29</p> <p>Play some Beach music &amp; have a round of CRAB SOCCER with a beach ball.</p> 	<p>30</p> <p>Make a fun veggie For snack or dinner.</p> 	<p>31</p> <p>Inspire Your Heart with Art Day: pick a project! <a href="http://www.ivillage.ca/parenting/toddler-and-preschool/christmas-crafts-children-13-easy-ideas">www.ivillage.ca/parenting/toddler-and-preschool/christmas-crafts-children-13-easy-ideas</a></p>