

JANUARY Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Try the 3 bite rule: One bite for texture, one bite for taste, one bite to share if they enjoy it or not.</p> 	<p>Turn on music and dance for 2-3 songs. Help your child move to the rhythm of the music!</p>	<p>Antibodies passed to baby during breastfeeding can help lower the chance of ear infection, diarrhea and colds.</p>	<p>Keep a pitcher of water in the fridge. Add sliced fruit for a naturally sweet flavor.</p> 	<p>Winter squash are in season! Slice in half, bake and mash with a dab of butter for a yummy treat.</p>	<p>Take the stairs when you run errands. Count the steps together as you go!</p>	<p>Can your child move like an insect? Try a spider, caterpillar, worm or butterfly.</p> 
<p>Moderate to vigorous physical activity is movement that makes you breathe faster, sweat more, and have a faster heartbeat.</p> 	<p>Serve trees with snow on top for snack: Raw broccoli dipped in low fat ranch looks like a winter landscape!</p>	<p>Turn off the TV during meals.</p> 	<p>Wipe infant gums after feeding to remove milk from their teeth. This can prevent cavities from the natural sugars in breast milk and in formulas.</p>	<p>Babies need tummy time many times a day. Find a safe place where your baby can explore on the floor for longer periods each day!</p>	<p>Try dried fruit as a snack. They are easy to carry and store well!</p> 	<p>Avoid chocolate or strawberry milk. The sugar in these beverages is equal to that in sodas and many desserts!</p> 
<p>Help your child name the different colors of apples at the grocery store. Which color is their favorite?</p>	<p>Play Simon Says with your child using different physical movements. Try <i>jump up high, crouch down low, reach for the stars, and crawl like a bug!</i></p>	<p>Practice your pitching! Make a target and help your child practice throwing snowballs at the target.</p>	<p>Try a new fruit or vegetable today!</p> 	<p>Bundle up and get outside! Make snow angels and stomp shapes in the snow.</p> 	<p>A child-sized serving of fruits and vegetables is approximately the size of their palm.</p>	<p>Sing the ABC song while you help your child wash their hands. Scrubbing soap on hands for 20 seconds reduces the presence of germs.</p>
<p>Help your child learn to skip. Step, hop, step, hop...can they skip across the yard or their bedroom?</p>	<p>Act out the characters in your child's favorite book.</p> 	<p>Keep washed and cut veggies in the fridge for a quick, nutritious snack!</p>	<p>Between 70-80% of a child's body is made up of water. Reach for water first when your child says they are thirsty!</p> 	<p>Family style dining promotes gross and fine motor skill development. Try including your child in the serving of food to their plate.</p>	<p>Screen time includes TV or movie viewing, computer time, gaming stations, tablets and smart phones.</p> 	<p>Make popsicles by inserting sticks into peeled banana halves and freezing.</p>
<p>Children enjoy physical activity more when they are active with parents or other adults. Get moving with your kids!</p> 	<p>Make half your child's plate fruits and vegetables each meal!</p> 	<p>Dance with your infant in your arms. This keeps you active while helping your baby develop spacial awareness and balance.</p>	<p>Blow bubbles and have your child run and pop them. Blow some up high so they have to reach, jump and stretch.</p>	<p>Sweet potatoes are nutrient dense and kid friendly. Simply scrub and bake until soft.</p> 	<p>Make your family motto, "milk with meals and water for thirst"!</p> 	<p>Picky eaters are more likely to try fun food. Use cookie cutters to cut slices of fruit and vegetables into fun shapes!</p>

FEBRUARY Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Mystery Bag Activity! Have your child grab a mystery fruit or veggie out of a bag. Have them touch, smell and taste the food.</p> 	<p>Set a good example by limiting your own TV viewing and use of devices.</p>	<p>Pretend to be a seed that is planted in the ground and grows to be a big, strong tree!</p>	<p>Keep a pitcher of water in the fridge. Add sliced fruit for a naturally sweet flavor.</p> 	<p>Work on your tossing and catching skills.</p>	<p>Set up a family pizza-making station in the kitchen with lots of veggies and low-fat cheese.</p>	<p>Practice hopping by remembering to take off and land on the same foot. Hop near and far, high and low!</p> 
<p>Use your body to pretend to be different types of weather: Rain, wind, thunder and sunshine!</p> 	<p>Stock up on healthy treats. Try chunks of frozen banana, strawberries and more!</p>	<p>Keep the TV and/or computer out of sight from children.</p> 	<p>Make trail mix with your children by using healthy and colorful dried fruits, nuts and whole grain cereals.</p>	<p>Pretend your home is full of mud puddles and your job is to jump over them without getting dirty!</p>	<p>Offer a small taste of food. A child can be overwhelmed by a large portion.</p> 	<p>Try not to sweeten drinks around the house.</p> 
<p>Try fresh fruit in small pieces, whole grain crackers or low sugar breakfast cereals for toddlers to snack on.</p>	<p>Using movement, sing and act out <i>Twinkle Twinkle Little Star</i>.</p> 	<p>Computer games can impair children's sleep at night by causing them to spend less time in deep sleep.</p>	<p>Offer a few nutritious foods at each snack, then sit back and let your child choose what and how much to eat.</p> 	<p>Bundle up and get outside! Make snow angels and stomp shapes in the snow.</p> 	<p>Get an empty water bottle and fill it with rice. Secure the top with some tape and let your child shake away!</p>	<p>Stick to a regular snack schedule. Kids do better with routine so try to serve meals and snacks at the same time each day.</p>
<p>Let your child pick out their own special water bottle that they can carry around and refill!</p>	<p>Try Meatless Monday! Beans are an excellent, low-cost alternative to meat protein.</p>	<p>Use a scheduling sheet to track your family's screen time.</p> 	<p>During meal time, let the kids help you cook, set the table and clean up.</p>	<p>Add fruits and veggies to some of your favorite dishes, like pastas, pizzas or breakfast oatmeal.</p>	<p>Screen time includes TV or movie viewing, computer time, gaming stations, tablets and smart phones.</p> 	<p>Can you do jumping jacks? Give it a try!</p>
<p>Be a superhero! Have your children pretend moving around like their favorite superhero would.</p> 	<p>Instead of just chopping fruit and eating it, use cookie cutters to make eating fun!</p> 	<p>Act out the different things you would see on a farm: Horses galloping, pigs rolling around, and farmers picking apples!</p>	<p>Serve water or low fat milk at meals. If it's around, they will drink it!</p> 	<p>Making smoothies is a creative and delicious way to increase your child's fruit and veggie intake.</p> 	<p>Put one small item on a paper plate or open palm and see if your child can carry it to the other side of the room. How about two items?</p>	<p>Keep your television remote in a drawer or some place out of sight.</p>

MARCH Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Help your child dip fruits or vegetables in fat-free yogurt for a fun snack.</p> 	<p>Lay your baby on their tummy and put a ball, cylinder or toy just out of reach so they will try to stretch for it!</p>	<p>Institute screen-free (and phone-free) meals. Talk, laugh, tell stories and enjoy each others company!</p>	<p>Time to get outside and move. Ask your child to come outside with you!</p> 	<p>Encourage your children to scrub the vegetables and wash their fruit before eating.</p>	<p>Be a role model: Drink water throughout the day.</p> 	<p>Pass serving bowls with fruits and veggies, allowing children to serve themselves!</p>
<p>Yoga enhances a child's flexibility, strength, coordination and body awareness.</p> 	<p>Put fruit out on the table and encourage your child to make different shapes with it.</p>	<p>Designate a <i>Family Screen-Free Day</i> each week.</p> 	<p>Assemble chunks of melon, apple, orange and grapes for a fruity kabob.</p>	<p>Avoid chocolate or strawberry milk. The sugar in these beverages is equal to that in sodas and many desserts!</p>	<p>Get your kids involved in planning and preparing meals and snacks.</p> 	<p>Limit your own sugar-sweetened beverage consumption... kids repeat what they see!</p> 
<p>Shop in-season at the farmers' market. Many markets offer WIC or SNAP coupons for produce.</p>	<p>Have children crawl around and pretend to be animals that walk on four legs!</p>	<p>Limiting screen time can help children maintain a healthy weight as they grow.</p>	<p>Try a new fruit or vegetable today!</p> 	<p>Pretend to be a frog and leap around the room on imaginary lily pads.</p> 	<p>Instead of crackers or other heavy pre-meal snacks, try providing a piece of fruit to hold off hunger.</p>	<p>Make sock puppets for kids to wear on their hands and practice moving it high, low, fast, curvy and straight.</p>
<p>Have children make up their own dances. Add wide ribbons and beach balls for more movement.</p>	<p>Tear newspaper into long strips and crunch them into balls. Throw the balls into a basket!</p> 	<p>Take a "spring is here" walk. Swing your arms as you walk and notice all of the signs of spring!</p>	<p>Try flavoring tap water using berries, cucumber, lemons or oranges!</p> 	<p>Challenge your family to eat all of the colors of the rainbow, not just a few!</p>	<p>Use screen time for interactive videos to keep your child physically and mentally engaged.</p> 	<p>Pretend to play your favorite instrument and go on a parade around the yard.</p>
<p>Play a game of follow the leader around the room.</p> 	<p>Plant your own mini-garden! This is a fun, cheap way to involve children in learning more about fruits and vegetables.</p> 	<p>Practice your ball rolling skills by rolling a ball back and forth with a partner. Make it more challenging by getting farther apart.</p>	<p>Cutting down on technology consumption makes room for quality time with your family!</p>	<p>Include children when making grocery lists and shopping to buy healthier foods they will eat.</p> 	<p>Get down on the floor during tummy time, and lay face to face so you are able to talk, sing and explore together!</p>	<p>Go outside and explore speed! Try moving really fast and very slow.</p>

APRIL Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Help your child dip fruits or vegetables in fat-free yogurt for a fun snack.</p> 	<p>Lay your baby on their tummy and put a ball, cylinder or toy just out of reach so they will try to stretch for it!</p>	<p>Institute screen-free (and phone-free) meals. Talk, laugh, tell stories and enjoy each others company!</p>	<p>Time to get outside and move. Ask your child to come outside with you!</p> 	<p>Encourage your children to scrub the vegetables and wash their fruit before eating.</p>	<p>Be a role model: Drink water throughout the day.</p> 	<p>Pass serving bowls with fruits and veggies, allowing children to serve themselves!</p>
<p>Mystery Bag Activity! Have your child grab a mystery fruit or veggie out of a bag. Have them touch, smell and taste the food.</p>	<p>Set a good example by limiting your own TV viewing and use of devices.</p> 	<p>Pretend to be a seed that is planted in the ground and grows to be a big, strong tree!</p>	<p>Keep a pitcher of water in the fridge. Add sliced fruit for a naturally sweet flavor.</p> 	<p>Work on your tossing and catching skills.</p>	<p>Set up a family pizza-making station in the kitchen with lots of veggies and low-fat cheese.</p> 	<p>Practice hopping by remembering to take off and land on the same foot. Hop near and far, high and low!</p>
<p>Help your child name the different colors of apples at the grocery store. Which color is their favorite?</p>	<p>Play Simon Says with your child using different physical movements. Try <i>jump up high, crouch down low, reach for the stars, and crawl like a bug!</i></p>	<p>Use your body to pretend to be different types of weather: Rain, wind, thunder and sunshine!</p> 	<p>Try a new fruit or vegetable today!</p> 	<p>Tear newspaper into long strips and crunch them into balls. Throw the balls into a basket!</p> 	<p>A child-sized serving of fruits and vegetables is approximately the size of their palm.</p>	<p>Sing the ABC song while you help your child wash their hands. Scrubbing soap on hands for 20 seconds reduces the presence of germs.</p>
<p>Yoga enhances a child's flexibility, strength, coordination and body awareness.</p> 	<p>Put fruit out on the table and encourage your child to make different shapes with it.</p>	<p>Designate a <i>Family Screen-Free Day</i> each week.</p> 	<p>Assemble chunks of melon, apple, orange and grapes for a fruity kabob.</p>	<p>Avoid chocolate or strawberry milk. The sugar in these beverages is equal to that in sodas and many desserts!</p>	<p>Get your kids involved in planning and preparing meals and snacks.</p> 	<p>Limit your own sugar-sweetened beverage consumption... kids repeat what they see!</p> 
<p>Let your child pick out their own special water bottle that they can carry around and refill!</p> 	<p>Try Meatless Monday! Beans are an excellent, low-cost alternative to meat protein.</p>	<p>Use a scheduling sheet to track your family's screen time.</p>	<p>During meal time, let the kids help you cook, set the table and clean up.</p> 	<p>Add fruits and veggies to some of your favorite dishes, like pastas, pizzas or breakfast oatmeal.</p>	<p>Screen time includes TV or movie viewing, computer time, gaming stations, tablets and smart phones.</p>	<p>Can you do jumping jacks? Give it a try!</p> 

MAY Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Try the 3 bite rule: One bite for texture, one bite for taste, one bite to share if they enjoy it or not.</p> 	<p>Turn on music and dance for 2-3 songs. Help your child move to the rhythm of the music!</p>	<p>Antibodies passed to baby during breastfeeding can help lower the chance of ear infection, diarrhea and colds.</p>	<p>Keep a pitcher of water in the fridge. Add sliced fruit for a naturally sweet flavor.</p> 	<p>Take the Screen-Free Week Pledge in May and spend free time playing, reading, day-dreaming, exploring and connecting with family and friends!</p>	<p>Take the stairs when you run errands. Count the steps together as you go!</p>	<p>Can your child move like an insect? Try a spider, caterpillar, worm or butterfly.</p> 
<p>Mystery Bag Activity! Have your child grab a mystery fruit or veggie out of a bag. Have them touch, smell and taste the food.</p>	<p>Set a good example by limiting your own TV viewing and use of devices.</p> 	<p>Pretend to be a seed that is planted in the ground and grows to be a big, strong tree!</p>	<p>Try dried fruit as a snack. They are easy to carry and store well!</p>	<p>Work on your tossing and catching skills.</p>	<p>Set up a family pizza-making station in the kitchen with lots of veggies and low-fat cheese.</p> 	<p>Practice hopping by remembering to talk off and land on the same foot. Hop near and far, high and low!</p>
<p>Be a superhero! Have your children pretend moving around like their favorite superhero would.</p>	<p>Instead of just chopping fruit and eating it, use cookie cutters to make eating fun!</p> 	<p>Act out the different things you would see on a farm: Horses galloping, pigs rolling around, and farmers picking apples!</p>	<p>Serve water or low fat milk at meals. If it's around, they will drink it!</p> 	<p>Making smoothies is a creative and delicious way to increase your child's fruit and veggie intake.</p> 	<p>Put one small item on a paper plate or open palm and see if your child can carry it to the other side of the room. How about two items?</p>	<p>Keep your television remote in a drawer or some place out of sight.</p> 
<p>Play a game of follow the leader around the room.</p> 	<p>Plant your own mini-garden! This is a fun, cheap way to involve children in learning more about fruits and vegetables.</p>	<p>Practice your ball rolling skills by rolling a ball back and forth with a partner. Make it more challenging by getting farther apart.</p>	<p>Cutting down on technology consumption makes room for quality time with your family!</p> 	<p>Include children when making grocery lists and shopping to buy healthier foods they will eat.</p>	<p>Get down on the floor during tummy time, and lay face to face so you are able to talk, sing and explore together!</p>	<p>Go outside and explore speed! Try moving really fast and very slow.</p> 
<p>Children enjoy physical activity more when they are active with parents or other adults. Get moving with your kids!</p>	<p>Make half your child's plate fruits and vegetables each meal!</p> 	<p>Dance with your infant in your arms. This keeps you active while helping your baby develop spacial awareness and balance.</p> 	<p>Blow bubbles and have your child run and pop them. Blow some up high so they have to reach, jump and stretch.</p>	<p>Sweet potatoes are nutrient dense and kid friendly. Simply scrub and bake until soft.</p>	<p>Make your family motto, "milk with meals and water for thirst"!</p> 	<p>Help your child learn to skip. Step, hop, step, hop...can they skip across the yard or their bedroom?</p>

JUNE Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Help your child dip fruits or vegetables in fat-free yogurt for a fun snack.</p> 	<p>Lay your baby on their tummy and put a ball, cylinder or toy just out of reach so they will try to stretch for it!</p>	<p>Institute screen-free (and phone-free) meals. Talk, laugh, tell stories and enjoy each others company!</p>	<p>Time to get outside and move. Ask your child to come outside with you!</p> 	<p>Encourage your children to scrub the vegetables and wash their fruit before eating.</p>	<p>Be a role model: Drink water throughout the day.</p> 	<p>Pass serving bowls with fruits and veggies, allowing children to serve themselves!</p>
<p>Moderate to vigorous physical activity is movement that makes you breathe faster, sweat more, and have a faster heartbeat.</p> 	<p>Include children when making grocery lists and shopping to buy healthier foods they will eat.</p>	<p>Turn off the TV during meals.</p> 	<p>Wipe infant gums after feeding to remove milk from their teeth. This can prevent cavities from the natural sugars in breast milk and in formulas.</p>	<p>Babies need tummy time many times a day. Find a safe place where your baby can explore on the floor for longer periods each day!</p>	<p>Try dried fruit as a snack. They are easy to carry and store well!</p> 	<p>Avoid chocolate or strawberry milk. The sugar in these beverages is equal to that in sodas and many desserts!</p> 
<p>Shop in-season at the farmers' market. Many markets offer WIC or SNAP coupons for produce.</p>	<p>Have children crawl around and pretend to be animals that walk on four legs!</p>	<p>Limiting screen time can help children maintain a healthy weight as they grow.</p>	<p>Try a new fruit or vegetable today!</p> 	<p>Pretend to be a frog and leap around the room on imaginary lily pads.</p> 	<p>Instead of crackers or other heavy pre-meal snacks, try providing a piece of fruit to hold off hunger.</p>	<p>Make sock puppets for kids to wear on their hands and practice moving it high, low, fast, curvy and straight.</p>
<p>Help your child learn to skip. Step, hop, step, hop...can they skip across the yard or their bedroom?</p>	<p>Act out the characters in your child's favorite book.</p> 	<p>Keep washed and cut veggies in the fridge for a quick, nutritious snack!</p>	<p>Between 70-80% of a child's body is made up of water. Reach for water first when your child says they are thirsty!</p> 	<p>Family style dining promotes gross and fine motor skill development. Try including your child in the serving of food to their plate.</p>	<p>Screen time includes TV or movie viewing, computer time, gaming stations, tablets and smart phones.</p> 	<p>Make popsicles by inserting sticks into peeled banana halves and freezing.</p>
<p>Try fresh fruit in small pieces, whole grain crackers or low sugar breakfast cereals for toddlers to snack on.</p> 	<p>Using movement, sing and act out <i>Twinkle Twinkle Little Star</i>.</p>	<p>Computer games can impair children's sleep at night by causing them to spend less time in deep sleep.</p> 	<p>Offer a few nutritious foods at each snack, then sit back and let your child choose what and how much to eat.</p>	<p>Antibodies passed to baby during breastfeeding can help lower the chance of ear infection, diarrhea and colds.</p>	<p>Get an empty water bottle and fill it with rice. Secure the top with some tape and let your child shake away!</p>	<p>Stick to a regular snack schedule. Kids do better with routine so try to serve meals and snacks at the same time each day.</p> 

JULY Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Try the 3 bite rule: One bite for texture, one bite for taste, one bite to share if they enjoy it or not.</p> 	<p>Turn on music and dance for 2-3 songs. Help your child move to the rhythm of the music!</p>	<p>Antibodies passed to baby during breastfeeding can help lower the chance of ear infection, diarrhea and colds.</p>	<p>Keep a pitcher of water in the fridge. Add sliced fruit for a naturally sweet flavor.</p> 	<p>Stick to a regular snack schedule. Kids do better with routine so try to serve meals and snacks at the same time each day.</p>	<p>Take the stairs when you run errands. Count the steps together as you go!</p>	<p>Can your child move like an insect? Try a spider, caterpillar, worm or butterfly.</p> 
<p>Moderate to vigorous physical activity is movement that makes you breathe faster, sweat more, and have a faster heartbeat.</p> 	<p>Add fruits and veggies to some of your favorite dishes, like pastas, pizzas or breakfast oatmeal.</p>	<p>Turn off the TV during meals.</p> 	<p>Wipe infant gums after feeding to remove milk from their teeth. This can prevent cavities from the natural sugars in breast milk and in formulas.</p>	<p>Babies need tummy time many times a day. Find a safe place where your baby can explore on the floor for longer periods each day!</p>	<p>Try dried fruit as a snack. They are easy to carry and store well!</p> 	<p>Avoid chocolate or strawberry milk. The sugar in these beverages is equal to that in sodas and many desserts!</p> 
<p>Help your child name the different colors of apples at the grocery store. Which color is their favorite?</p>	<p>Play Simon Says with your child using different physical movements. Try <i>jump up high, crouch down low, reach for the stars, and crawl like a bug!</i></p>	<p>Practice your pitching! Make a target and help your child practice throwing snowballs at the target.</p>	<p>Try a new fruit or vegetable today!</p> 	<p>Bundle up and get outside! Make snow angels and stomp shapes in the snow.</p> 	<p>A child-sized serving of fruits and vegetables is approximately the size of their palm.</p>	<p>Sing the ABC song while you help your child wash their hands. Scrubbing soap on hands for 20 seconds reduces the presence of germs.</p>
<p>Help your child learn to skip. Step, hop, step, hop...can they skip across the yard or their bedroom?</p>	<p>Act out the characters in your child's favorite book.</p> 	<p>Keep washed and cut veggies in the fridge for a quick, nutritious snack!</p>	<p>Between 70-80% of a child's body is made up of water. Reach for water first when your child says they are thirsty!</p> 	<p>Family style dining promotes gross and fine motor skill development. Try including your child in the serving of food to their plate.</p>	<p>Screen time includes TV or movie viewing, computer time, gaming stations, tablets and smart phones.</p> 	<p>Make popsicles by inserting sticks into peeled banana halves and freezing.</p>
<p>Children enjoy physical activity more when they are active with parents or other adults. Get moving with your kids!</p> 	<p>Make half your child's plate fruits and vegetables each meal!</p> 	<p>Dance with your infant in your arms. This keeps you active while helping your baby develop spacial awareness and balance.</p>	<p>Blow bubbles and have your child run and pop them. Blow some up high so they have to reach, jump and stretch.</p>	<p>Sweet potatoes are nutrient dense and kid friendly. Simply scrub and bake until soft.</p> 	<p>Make your family motto, "milk with meals and water for thirst"!</p> 	<p>Picky eaters are more likely to try fun food. Use cookie cutters to cut slices of fruit and vegetables into fun shapes!</p>

AUGUST Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Mystery Bag Activity! Have your child grab a mystery fruit or veggie out of a bag. Have them touch, smell and taste the food.</p> 	<p>Set a good example by limiting your own TV viewing and use of devices.</p>	<p>Pretend to be a seed that is planted in the ground and grows to be a big, strong tree!</p>	<p>Keep a pitcher of water in the fridge. Add sliced fruit for a naturally sweet flavor.</p> 	<p>Work on your tossing and catching skills.</p>	<p>Set up a family pizza-making station in the kitchen with lots of veggies and low-fat cheese.</p>	<p>Practice hopping by remembering to take off and land on the same foot. Hop near and far, high and low!</p> 
<p>Use your body to pretend to be different types of weather: Rain, wind, thunder and sunshine!</p> 	<p>Stock up on healthy treats. Try chunks of frozen banana, strawberries and more!</p>	<p>Keep the TV and/or computer out of sight from children.</p> 	<p>Make trail mix with your children by using healthy and colorful dried fruits, nuts and whole grain cereals.</p>	<p>Pretend your home is full of mud puddles and your job is to jump over them without getting dirty!</p>	<p>Offer a small taste of food. A child can be overwhelmed by a large portion.</p> 	<p>Try not to sweeten drinks around the house.</p> 
<p>Try fresh fruit in small pieces, whole grain crackers or low sugar breakfast cereals for toddlers to snack on.</p>	<p>Using movement, sing and act out <i>Twinkle Twinkle Little Star</i>.</p> 	<p>Computer games can impair children's sleep at night by causing them to spend less time in deep sleep.</p>	<p>Offer a few nutritious foods at each snack, then sit back and let your child choose what and how much to eat.</p> 	<p>Bundle up and get outside! Make snow angels and stomp shapes in the snow.</p> 	<p>Get an empty water bottle and fill it with rice. Secure the top with some tape and let your child shake away!</p>	<p>Stick to a regular snack schedule. Kids do better with routine so try to serve meals and snacks at the same time each day.</p>
<p>Let your child pick out their own special water bottle that they can carry around and refill!</p>	<p>Try Meatless Monday! Beans are an excellent, low-cost alternative to meat protein.</p>	<p>Use a scheduling sheet to track your family's screen time.</p> 	<p>During meal time, let the kids help you cook, set the table and clean up.</p>	<p>Add fruits and veggies to some of your favorite dishes, like pastas, pizzas or breakfast oatmeal.</p>	<p>Screen time includes TV or movie viewing, computer time, gaming stations, tablets and smart phones.</p> 	<p>Can you do jumping jacks? Give it a try!</p>
<p>Be a superhero! Have your children pretend moving around like their favorite superhero would.</p> 	<p>Instead of just chopping fruit and eating it, use cookie cutters to make eating fun!</p> 	<p>Act out the different things you would see on a farm: Horses galloping, pigs rolling around, and farmers picking apples!</p>	<p>Serve water or low fat milk at meals. If it's around, they will drink it!</p> 	<p>Making smoothies is a creative and delicious way to increase your child's fruit and veggie intake.</p> 	<p>Put one small item on a paper plate or open palm and see if your child can carry it to the other side of the room. How about two items?</p>	<p>Keep your television remote in a drawer or some place out of sight.</p>

SEPTEMBER Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Help your child dip fruits or vegetables in fat-free yogurt for a fun snack.</p> 	<p>Lay your baby on their tummy and put a ball, cylinder or toy just out of reach so they will try to stretch for it!</p>	<p>Institute screen-free (and phone-free) meals. Talk, laugh, tell stories and enjoy each others company!</p>	<p>Time to get outside and move. Ask your child to come outside with you!</p> 	<p>Encourage your children to scrub the vegetables and wash their fruit before eating.</p>	<p>Be a role model: Drink water throughout the day.</p> 	<p>Pass serving bowls with fruits and veggies, allowing children to serve themselves!</p>
<p>Yoga enhances a child's flexibility, strength, coordination and body awareness.</p> 	<p>Put fruit out on the table and encourage your child to make different shapes with it.</p>	<p>Designate a <i>Family Screen-Free Day</i> each week.</p> 	<p>Assemble chunks of melon, apple, orange and grapes for a fruity kabob.</p>	<p>Avoid chocolate or strawberry milk. The sugar in these beverages is equal to that in sodas and many desserts!</p>	<p>Get your kids involved in planning and preparing meals and snacks.</p> 	<p>Limit your own sugar-sweetened beverage consumption... kids repeat what they see!</p> 
<p>Shop in-season at the farmers' market. Many markets offer WIC or SNAP coupons for produce.</p>	<p>Have children crawl around and pretend to be animals that walk on four legs!</p>	<p>Limiting screen time can help children maintain a healthy weight as they grow.</p>	<p>Try a new fruit or vegetable today!</p> 	<p>Pretend to be a frog and leap around the room on imaginary lily pads.</p> 	<p>Instead of crackers or other heavy pre-meal snacks, try providing a piece of fruit to hold off hunger.</p>	<p>Make sock puppets for kids to wear on their hands and practice moving it high, low, fast, curvy and straight.</p>
<p>Have children make up their own dances. Add wide ribbons and beach balls for more movement.</p>	<p>Tear newspaper into long strips and crunch them into balls. Throw the balls into a basket!</p> 	<p>Take a "spring is here" walk. Swing your arms as you walk and notice all of the signs of spring!</p>	<p>Try flavoring tap water using berries, cucumber, lemons or oranges!</p> 	<p>Challenge your family to eat all of the colors of the rainbow, not just a few!</p>	<p>Use screen time for interactive videos to keep your child physically and mentally engaged.</p> 	<p>Pretend to play your favorite instrument and go on a parade around the yard.</p>
<p>Play a game of follow the leader around the room.</p> 	<p>Plant your own mini-garden! This is a fun, cheap way to involve children in learning more about fruits and vegetables.</p> 	<p>Practice your ball rolling skills by rolling a ball back and forth with a partner. Make it more challenging by getting farther apart.</p>	<p>Cutting down on technology consumption makes room for quality time with your family!</p>	<p>Include children when making grocery lists and shopping to buy healthier foods they will eat.</p> 	<p>Get down on the floor during tummy time, and lay face to face so you are able to talk, sing and explore together!</p>	<p>Go outside and explore speed! Try moving really fast and very slow.</p>

OCTOBER Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Help your child dip fruits or vegetables in fat-free yogurt for a fun snack.</p> 	<p>Lay your baby on their tummy and put a ball, cylinder or toy just out of reach so they will try to stretch for it!</p>	<p>Institute screen-free (and phone-free) meals. Talk, laugh, tell stories and enjoy each others company!</p>	<p>Time to get outside and move. Ask your child to come outside with you!</p> 	<p>Encourage your children to scrub the vegetables and wash their fruit before eating.</p>	<p>Be a role model: Drink water throughout the day.</p> 	<p>Pass serving bowls with fruits and veggies, allowing children to serve themselves!</p>
<p>Mystery Bag Activity! Have your child grab a mystery fruit or veggie out of a bag. Have them touch, smell and taste the food.</p>	<p>Set a good example by limiting your own TV viewing and use of devices.</p> 	<p>Pretend to be a seed that is planted in the ground and grows to be a big, strong tree!</p>	<p>Keep a pitcher of water in the fridge. Add sliced fruit for a naturally sweet flavor.</p> 	<p>Work on your tossing and catching skills.</p>	<p>Set up a family pizza-making station in the kitchen with lots of veggies and low-fat cheese.</p> 	<p>Practice hopping by remembering to take off and land on the same foot. Hop near and far, high and low!</p>
<p>Help your child name the different colors of apples at the grocery store. Which color is their favorite?</p>	<p>Play Simon Says with your child using different physical movements. Try <i>jump up high, crouch down low, reach for the stars, and crawl like a bug!</i></p>	<p>Use your body to pretend to be different types of weather: Rain, wind, thunder and sunshine!</p> 	<p>Try a new fruit or vegetable today!</p> 	<p>Tear newspaper into long strips and crunch them into balls. Throw the balls into a basket!</p> 	<p>A child-sized serving of fruits and vegetables is approximately the size of their palm.</p>	<p>Sing the ABC song while you help your child wash their hands. Scrubbing soap on hands for 20 seconds reduces the presence of germs.</p>
<p>Yoga enhances a child's flexibility, strength, coordination and body awareness.</p> 	<p>Put fruit out on the table and encourage your child to make different shapes with it.</p>	<p>Designate a <i>Family Screen-Free Day</i> each week.</p> 	<p>Assemble chunks of melon, apple, orange and grapes for a fruity kabob.</p>	<p>Avoid chocolate or strawberry milk. The sugar in these beverages is equal to that in sodas and many desserts!</p>	<p>Get your kids involved in planning and preparing meals and snacks.</p> 	<p>Limit your own sugar-sweetened beverage consumption... kids repeat what they see!</p> 
<p>Let your child pick out their own special water bottle that they can carry around and refill!</p> 	<p>Try Meatless Monday! Beans are an excellent, low-cost alternative to meat protein.</p>	<p>Use a scheduling sheet to track your family's screen time.</p>	<p>During meal time, let the kids help you cook, set the table and clean up.</p> 	<p>Add fruits and veggies to some of your favorite dishes, like pastas, pizzas or breakfast oatmeal.</p>	<p>Screen time includes TV or movie viewing, computer time, gaming stations, tablets and smart phones.</p>	<p>Can you do jumping jacks? Give it a try!</p> 

NOVEMBER Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Try the 3 bite rule: One bite for texture, one bite for taste, one bite to share if they enjoy it or not.</p> 	<p>Turn on music and dance for 2-3 songs. Help your child move to the rhythm of the music!</p>	<p>Antibodies passed to baby during breastfeeding can help lower the chance of ear infection, diarrhea and colds.</p>	<p>Keep a pitcher of water in the fridge. Add sliced fruit for a naturally sweet flavor.</p> 	<p>Take the Screen-Free Week Pledge and spend free time playing, reading, day-dreaming, exploring and connecting with family and friends!</p>	<p>Take the stairs when you run errands. Count the steps together as you go!</p>	<p>Can your child move like an insect? Try a spider, caterpillar, worm or butterfly.</p> 
<p>Mystery Bag Activity! Have your child grab a mystery fruit or veggie out of a bag. Have them touch, smell and taste the food.</p>	<p>Set a good example by limiting your own TV viewing and use of devices.</p> 	<p>Pretend to be a seed that is planted in the ground and grows to be a big, strong tree!</p>	<p>Try dried fruit as a snack. They are easy to carry and store well!</p>	<p>Work on your tossing and catching skills.</p>	<p>Set up a family pizza-making station in the kitchen with lots of veggies and low-fat cheese.</p> 	<p>Practice hopping by remembering to talk off and land on the same foot. Hop near and far, high and low!</p>
<p>Be a superhero! Have your children pretend moving around like their favorite superhero would.</p>	<p>Instead of just chopping fruit and eating it, use cookie cutters to make eating fun!</p> 	<p>Act out the different things you would see on a farm: Horses galloping, pigs rolling around, and farmers picking apples!</p>	<p>Serve water or low fat milk at meals. If it's around, they will drink it!</p> 	<p>Making smoothies is a creative and delicious way to increase your child's fruit and veggie intake.</p> 	<p>Put one small item on a paper plate or open palm and see if your child can carry it to the other side of the room. How about two items?</p>	<p>Keep your television remote in a drawer or some place out of sight.</p> 
<p>Play a game of follow the leader around the room.</p> 	<p>Plant your own mini-garden! This is a fun, cheap way to involve children in learning more about fruits and vegetables.</p>	<p>Practice your ball rolling skills by rolling a ball back and forth with a partner. Make it more challenging by getting farther apart.</p>	<p>Cutting down on technology consumption makes room for quality time with your family!</p> 	<p>Include children when making grocery lists and shopping to buy healthier foods they will eat.</p>	<p>Get down on the floor during tummy time, and lay face to face so you are able to talk, sing and explore together!</p>	<p>Go outside and explore speed! Try moving really fast and very slow.</p> 
<p>Children enjoy physical activity more when they are active with parents or other adults. Get moving with your kids!</p>	<p>Make half your child's plate fruits and vegetables each meal!</p> 	<p>Dance with your infant in your arms. This keeps you active while helping your baby develop spacial awareness and balance.</p> 	<p>Blow bubbles and have your child run and pop them. Blow some up high so they have to reach, jump and stretch.</p>	<p>Sweet potatoes are nutrient dense and kid friendly. Simply scrub and bake until soft.</p>	<p>Make your family motto, "milk with meals and water for thirst"!</p> 	<p>Help your child learn to skip. Step, hop, step, hop...can they skip across the yard or their bedroom?</p>

DECEMBER Activity Calendar

5-2-1-0

HEALTHY NUMBERS FOR KENTUCKY FAMILIES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Help your child dip fruits or vegetables in fat-free yogurt for a fun snack.</p> 	<p>Lay your baby on their tummy and put a ball, cylinder or toy just out of reach so they will try to stretch for it!</p>	<p>Institute screen-free (and phone-free) meals. Talk, laugh, tell stories and enjoy each others company!</p>	<p>Time to get outside and move. Ask your child to come outside with you!</p> 	<p>Encourage your children to scrub the vegetables and wash their fruit before eating.</p>	<p>Be a role model: Drink water throughout the day.</p> 	<p>Pass serving bowls with fruits and veggies, allowing children to serve themselves!</p>
<p>Moderate to vigorous physical activity is movement that makes you breathe faster, sweat more, and have a faster heartbeat.</p> 	<p>Include children when making grocery lists and shopping to buy healthier foods they will eat.</p>	<p>Turn off the TV during meals.</p> 	<p>Wipe infant gums after feeding to remove milk from their teeth. This can prevent cavities from the natural sugars in breast milk and in formulas.</p>	<p>Babies need tummy time many times a day. Find a safe place where your baby can explore on the floor for longer periods each day!</p>	<p>Try dried fruit as a snack. They are easy to carry and store well!</p> 	<p>Avoid chocolate or strawberry milk. The sugar in these beverages is equal to that in sodas and many desserts!</p> 
<p>Shop in-season at the farmers' market. Many markets offer WIC or SNAP coupons for produce.</p>	<p>Have children crawl around and pretend to be animals that walk on four legs!</p>	<p>Limiting screen time can help children maintain a healthy weight as they grow.</p>	<p>Try a new fruit or vegetable today!</p> 	<p>Pretend to be a frog and leap around the room on imaginary lily pads.</p> 	<p>Instead of crackers or other heavy pre-meal snacks, try providing a piece of fruit to hold off hunger.</p>	<p>Make sock puppets for kids to wear on their hands and practice moving it high, low, fast, curvy and straight.</p>
<p>Help your child learn to skip. Step, hop, step, hop...can they skip across the yard or their bedroom?</p>	<p>Act out the characters in your child's favorite book.</p> 	<p>Keep washed and cut veggies in the fridge for a quick, nutritious snack!</p>	<p>Between 70-80% of a child's body is made up of water. Reach for water first when your child says they are thirsty!</p> 	<p>Family style dining promotes gross and fine motor skill development. Try including your child in the serving of food to their plate.</p>	<p>Screen time includes TV or movie viewing, computer time, gaming stations, tablets and smart phones.</p> 	<p>Make popsicles by inserting sticks into peeled banana halves and freezing.</p>
<p>Try fresh fruit in small pieces, whole grain crackers or low sugar breakfast cereals for toddlers to snack on.</p> 	<p>Using movement, sing and act out <i>Twinkle Twinkle Little Star</i>.</p>	<p>Computer games can impair children's sleep at night by causing them to spend less time in deep sleep.</p> 	<p>Offer a few nutritious foods at each snack, then sit back and let your child choose what and how much to eat.</p>	<p>Antibodies passed to baby during breastfeeding can help lower the chance of ear infection, diarrhea and colds.</p>	<p>Get an empty water bottle and fill it with rice. Secure the top with some tape and let your child shake away!</p>	<p>Stick to a regular snack schedule. Kids do better with routine so try to serve meals and snacks at the same time each day.</p> 