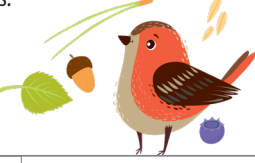




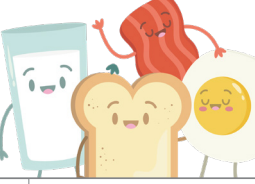




January: Health & Safety

Everyday Fun With Babies: Many of the daily activities included in this calendar can be adapted for you and your baby. Feel free to change them to better suit you and your little one.

National Braille Literacy Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Visit a State Park</p> <p>Every New Year's Day, several Maine State Parks host "First Day Hikes."</p> 	<p>Have your child cut out or draw pictures of favorite healthy foods.</p>	<p>Exercise by playing tag, jumping rope, or doing jumping jacks. If you have a baby, bounce your baby on your knees. You can use the repetition to practice the alphabet or count.</p>	<p>Sing Together</p> <p>I like to eat, eat, eat apples and bananas. I like to eat, eat, eat apples and bananas. Now change the vowel sound to A: I like to ate, ate, ate ay-ples and ba-nay-nays...</p>	<p>Make a list together of your favorite family memories from last year. Draw some of them with your child.</p>	<p>During bath time, talk about the importance of being clean. Make up your own bath song.</p>	<p>Frere Jacques</p> <p>Hand Washing Song Tune: Frere Jacques Tops and bottoms, tops and bottoms. In between, in between. Scrub them all together, scrub them all together. Now we're clean, squeaky clean. (Repeat)</p>
<p>Talk about the importance of limiting the number of sugary foods you eat. Have a "No Sugar" day today.</p>	<p>Sing Together:</p> <p>Head, Shoulders, Knees, and Toes Repeat it slowly and then quickly.</p> 	<p>Practice Dog Safety</p> <p>Always ask owners if you can pet their dog before touching. Pretend a stuffed animal is a real dog to practice asking and petting it.</p>	<p>Say this toothbrush rhyme together: I have a little toothbrush, I hold it very tight. I brush my teeth each morning, And then again at night.</p>	<p>Draw a neighborhood map with safety signs (Stop or Yield signs), traffic lights, and crosswalks.</p>	<p>Guess how many steps it is from your bed to your front door. Then walk, count, and find out.</p>	<p>Visit your Library</p> <p>Ask a librarian to help you find a cookbook for children.</p>
<p>Find out your child's favorite vegetable, and cook a meal that includes it.</p>	<p>Talk about being safe. Make sure everyone in the family knows their name, address, telephone number, and what to do in case of emergency.</p>	<p>Maine</p> <p>Maine grows lots of potatoes. Talk about your favorite ways to eat potatoes.</p> 	<p>Write a grocery list together for foods to buy at the store.</p>	<p>Science Day</p> <p>Talk about seeds, plants, and how different vegetables are grown.</p> 	<p>Get Active</p> <p>Create sequences of two actions, like "Jump up, then sit down." Increase to three things, like "Touch your nose, turn around, then sit down."</p>	<p>Count all the hats, mittens, and gloves in your house. Talk about how to dress warmly.</p> 
<p>Help your child make a noise-maker out of pasta, cereal, or any bits of something hard by placing some in a paper cup and taping another on top.</p>	<p>Make up a silly song about what you ate for breakfast.</p> 	<p>Mother Goose Time</p> <p>Little Miss Muffet sat on a tuffet, Eating her curds and whey. Along came a spider Who sat down beside her And frightened Miss Muffet away.</p>	<p>Red Light, Green Light</p> <p>Play Red Light, Green Light. Have your child start several feet from you. When you say green light, your child can move toward you. When you say red light, your child must stop. The game ends when your child reaches you.</p>	<p>Talk about things that make you and your child happy.</p>	<p>Pretend to be different animals. Can you slither like a snake? Hop like a bunny? Stomp like a dinosaur?</p> 	<p>Practice Street Safety</p> <p>You can go outside, or if it is too cold, stay inside. Talk about the right way to cross a street: hold hands, look left, then right, then left. Point out all the safety signs along the way. You can even make signs for inside your house.</p>
<p>Make a pretend first-aid kit with your child for dramatic play. Put cotton balls, Q-tips, popsicle sticks, and cut-up gauze (or toilet paper) in a box.</p>	<p>Play a game outside, like Hide and Go Seek. If it is too cold to be outside, then exercise by putting on music and dancing fast. Talk about some of your favorite songs.</p>	<p>Picnic</p> <p>Have an indoor picnic with healthy foods.</p> 	<p>Nutrition Train</p> <p>The body works like a "nutrition train." Whatever children eat gets loaded onto the train. Bad foods slow the train down, and healthy foods speed the train up. Draw your own Nutrition Train.</p>	<p>Talk about when to wash hands, then quiz your child during the day.</p>	<p>Draw pictures of different vegetables and save them for tomorrow's activity.</p>	<p>Use the pictures from yesterday to create a book or a play.</p>

We'd love to know what you think about our calendar! Take our brief survey: <https://www.surveymonkey.com/r/MCalendar>