

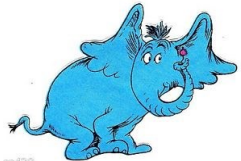
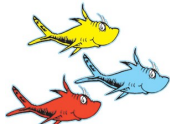






Family Together Calendar

March 2019



"Why fit in when
you were born to
stand out?"

-Dr. Seuss

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Bake sugar cookies! (recipe on back)	2 Read a Dr. Seuss book!
3 Eat breakfast for dinner.	4 Trace each others hands on paper. Whose are bigger?	5 Practice shaking hands with each other.	6 Talk about what makes you smile.	7 Take a family photo, develop it and put it on your fridge.	8 Look out the window. What do you see?	9 Write down the ABC's. Say them together and count the ones you
10 Visit a family member you haven't seen in awhile.	11 Talk about sleeping. Is it important? How do you lay when you sleep?	12 Practice your phone number with your child.	13 Help with the dishes after dinner.	14 Search your house high and low for shapes.	15 Make green milkshakes.	16 List 5 foods that you have never tried before and try at least one
17 Wear as much green as you can and celebrate St. Patrick's Day!	18 Rhyme Time! Find items in your home that rhyme.	19 Hide paper shamrocks around your home for your child to find.	20 Make a pattern using socks and shoes.	21 Give 4 hugs today.	22 Practice cutting scraps of paper.	23 Go outside and play.
24 Practice a fire drill.	25 	26 Practice spelling your name.	27 Play 2 board games together.	28 Play hide and seek.	29 Feed the birds.	30 Make green eggs and ham for breakfast.
31 Draw a picture of your family.						



Homemade Sugar Cookies

- 2 3/4 cups flour
- 1 1/2 cups sugar
- 1 tsp. baking soda
- 1/2 tsp. baking powder
- 1 cup butter, softened
- 1 tsp. vanilla extract
- 1 egg

PRAISE YOUR CHILD'S EFFORTS AND
BEHAVIOR.

When we are praised, we feel good about ourselves, and our confidence and self-esteem increases. Praise can also help to motivate children and encourage them to continue to try new things.

-Mental Health Association of New
York State, Inc.

