



Family Together Calendar

April 2022



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Talk about the importance of recycling and what items should be recycled.	2 Visit your local park.
3 Go outside and enjoy the fresh air!! Play catch or blow bubbles.	4 Practice printing your name.	5 Find 2 different flowers and paint with them.	6 Complete the tracing activity on the back of this paper.	7 Paint rocks.	8 Look and listen for birds.	9 Go grocery shopping for next week.
10 Play hide and seek outside!	11 Wear pretty spring colors and take family pictures.	12 Search for dandelions.	13 Search "Monarch Butterfly Birth" on google or YouTube.	14 Read books about Spring.	15 Color eggs.	16 Place eggs around your home and have a scavenger hunt.
17 Spend time with your family.	18 Read 3 books before bed.	19 Go splash in the puddles outside!!!!	20 Make your own family tree. Be creative.	21 Look for 5 rectangles in your home or outside.	22 Go on a night walk and watch the sun go down.	23 Wash the family vehicle.
24 Dance barefoot in the grass.	25 Play catch outside.	26 Do a random act of kindness for someone.	27 Visit your local playground. How many steps can you climb?	28 Help a local animal shelter.	29 Go hiking!	30 Visit a pet store.



Tips for healthy snacks:

- Give your child a variety of healthy snacks, such as: Fruits like apples, bananas, oranges, or berries
- Give your child cut-up or whole fruit instead of fruit juice.
- Vegetables like broccoli, carrots, celery, cucumbers, or peppers
- Foods made with whole grains, like cereals, crackers, bread, or bagels
- Dairy products like low-fat milk, cheese, cottage cheese, and unsweetened yogurt
- Avoid foods that may cause choking, like popcorn, nuts, seeds, raw carrots, or whole grapes. Cut food into small pieces.
- Give your child water or milk to drink with snacks.
- Avoid sweets like candy, cookies, and cake at snack time and sweet drinks like fruit flavored drinks, pop (soda), and fruit juice.

