



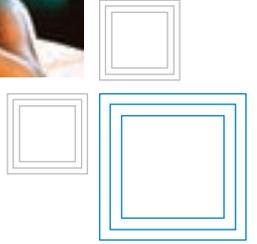
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Healthy Habits for Healthy Families





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The Benefits of a Healthy Family

Good health begins at home. Our interactions with family, friends, and neighbors have a major influence on our physical, emotional, and spiritual health. That's why a healthy home environment does wonders for a child's growth and development and helps to balance your life too.

As you may know, child overweight and obesity are on the rise across the United States. The overabundance of junk food, television, and video games can keep kids from getting the nutrition and exercise they need at a crucial time in their lives—having serious negative effects on their long-term health. This guide will show you some of the little things you can do to give your family a head start on a healthier lifestyle. From nutritious snacks to fun activities for you and your children to enjoy together, your family will grow closer and develop healthier habits too!

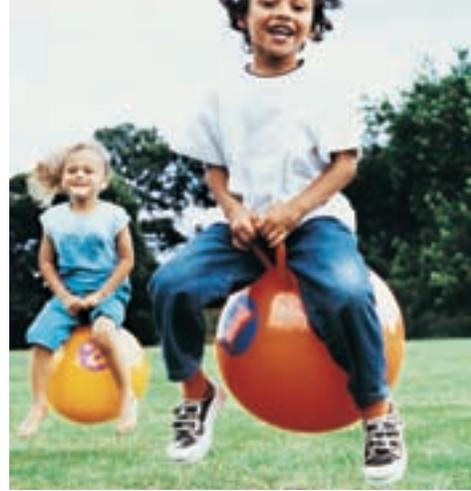
Research shows that parents play a big role in shaping children's eating habits. When parents eat a variety of foods that are low in fat and sugar and high in fiber, children learn to like these foods as well. It may take 10 or more tries before a child accepts a new food, so do not give up if your child does not like a new food right away.*

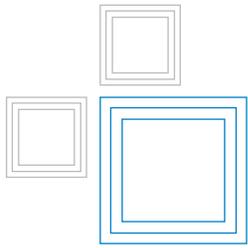
* <http://win.niddk.nih.gov/publications/child.htm>



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Education





Healthy Habits for Healthy Families

Healthy Habits for Healthy Families is centered around your children, drawing attention to their need for a healthy lifestyle, healthy role models and a healthy environment. Child development and growth depend on these essentials. We teach you how to help your child maintain a healthy weight, be confident about his or her body, and let you in on a handful of fun games and activities that will bring your whole family together. Good health begins at home, and if you take the time to foster a great family relationship, it extends to the world beyond.

Setting the Foundation: You

Creating a healthier foundation is the first step to improving a child's health regardless of his or her current weight or lifestyle habits. Become a healthier role model and avoid the "do as I say, not as I do" attitude. Children are more apt to model behavior rather than do what they are told. Try the tips below and think about the impact they could have on a child.

Sit down and eat with your kids.

Use meal time as a chance to talk about your kids' day, rather than stand over them. Try a theme night: for example, wear different clothes to dinner, or dine on the floor for a change.

Show your kids you have fun being active too.

Decide together what is fun, and join in when your children want to play inside, outside, or at your local community center.

Discourage eating during "screen time."

Eating while watching television, playing video games, or working/playing on the computer establishes "screen time" as "nibble time." Children often forget to recognize their internal signals of being full, so keep these activities food-free.

Make grocery shopping a fun, healthy learning experience.

Each time you visit the grocery store, plan time to explore healthy choices like new colors and textures. Try picking out a fruit and vegetable your family has never tried.

Involve your kids when preparing meals.

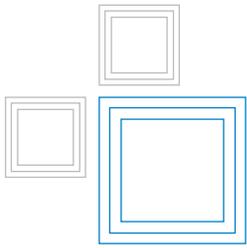
Find simple, easy tasks for them to do. And be patient—the more you rush meal preparation, the more children will see meal time as an "inconvenience."

Encourage your family to eat five or more fruits and vegetables a day.

Try a banana in the morning cereal, and lettuce, tomato, and pickles on a sandwich.

Limit TV viewing to a maximum of two hours per day.

Watching more than two hours increases the likelihood of your child being overweight and takes time away from more beneficial activities.



Snack-Time Tips

Nutrient-dense foods are rich in vitamins, minerals, and other components important to health and are relatively low in calories. Try making these nutrient-dense snacks with a child.

Snazzy Snacks

- **Nuzzles:** frozen whole wheat mini-waffles with peanut butter spread
- **Cheezetillas:** low-fat cheese slices and veggie salsa
- **Pretz-Mex:** pretzels, cheese slices, and apple slices
- **Peachy Treat:** chopped peaches or other fruit sprinkled with crushed graham crackers and topped with a spoonful of low-fat pudding
- **Apple Dunks:** cheese slices and crackers with applesauce for dipping
- **Snack in a Glass:** prepare fat-free vanilla pudding using skim milk. Slice a variety of fruits—strawberries, apples, blueberries. Alternate fruit and pudding layers until the glass is full. Use a clear glass so you can see the layers!

Leading and Learning

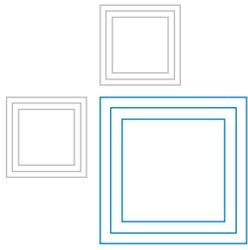
Remember, when you lead, kids learn, so don't forget your role-model behaviors. Set your own healthy snack habits and kids will follow. Try these additional healthy tips with a child this week:

- **Serving size:** Order a medium pizza instead of a large, for example. Everyone gets the same number of slices as before—they're just smaller.
- **Tall drinks:** Use tall, narrow glasses instead of short, wide glasses—you'll consume less of whatever you're drinking.
- **Smaller plates:** The portions will be smaller, but it won't look as skimpy on the plate.
- **Share to care:** Split a portion with a family member. You'll both eat less.
- **Spritzers:** Instead of juice, offer your child water first, or dilute the juice with water.
- **Lighten up with lists:** Keep a list of healthy snack choices handy and teach your kids what to pick first.

Self-esteem

When it comes to getting your kids eating healthier and being more active, positive reinforcement is essential:

- Praise your kids' efforts instead of lecturing about poor choices. For example, praise your child for choosing a yogurt for a snack instead of scolding him or her for taking extra cookies.
- Regardless of your child's weight, help him or her feel good about both appearance and the ability to develop healthy habits.
- Keep in mind there are no good or bad foods. When a food item is denied, it makes that food seem much more attractive.



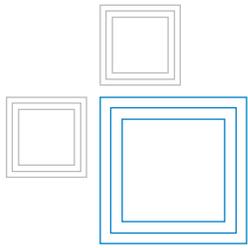
Healthy Family Resources

Now that you've learned a bit about improving the health of you and your children, you may be wondering what else is out there. Below you'll find links to exercise, nutrition, and community health programs to help you and your kids transform your habits.

Online Resources

- www.jumpupandgo.com—Blue Cross Blue Shield of Massachusetts Jump Up & Go!® website.
- www.nhlbisupport.com/bmi/bmicalc.htm—A table showing the National Institutes of Health body mass index.
- hp2010.nhlbihin.net/portion—Learn more about portion size with the Portion Distortion Quiz.
- www.nichd.nih.gov/milk—Milk matters.
- www.kidnetic.com—**Kidnetic.com** is a cool site for kids who like to play hard and have fun. **Kidnetic.com** lets you tap into your own energy so you can feel great all day long.
- www.mypyramid.gov/kids—Pyramid materials were designed for children ages six to 11.
- www.fns.usda.gov/tn—This initiative is part of the USDA Food and Nutrition Service to support child nutrition programs through training and technical assistance for food-service staff.
- www.cdc.gov/healthyplaces—Learn more about initiatives to build communities that can improve the quality of life for all people who live, work, worship, learn, and play within their borders.

Information from these Websites/organizations is not a substitute for medical advice or treatment. Discuss any information you find with your doctor or health care professional.



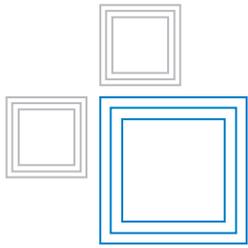
Planning Healthy Habits

After reading some helpful tips to guide your family's healthy foundation, use the charts below to apply what you've learned to your life. Post the charts on the refrigerator or bulletin board so your entire family can watch as the changes take effect.

Healthy Behavior	Did You Meet Your Goal?
<input checked="" type="checkbox"/> Be a role model.	<i>Example: This week I am going to eat the same foods as my children and show them that I too can drink milk with dinner.</i>
<input type="checkbox"/> Be a role model.	
<input type="checkbox"/> Sit down and eat with your children.	
<input type="checkbox"/> Participate in one hour of activity with your children.	
<input type="checkbox"/> Turn off the television while eating together.	
<input type="checkbox"/> Grocery shop together and try a new fruit or vegetable to add to your five-a-day goal.	
<input type="checkbox"/> Cook together.	

For the next month, set one or two goals to put these behaviors into practice over four weeks. Use the chart below to mark each week that you reach your goal. Be sure to recognize your progress—success keeps you going and makes healthy living fun!

Goal	Week 1	Week 2	Week 3	Week 4
<i>Example: I usually put food on the table for my children because my family is in a rush, so my goal this month is to try sitting down and eating with my family at least three nights a week.</i>	✓	✓		
Goal 1				
Goal 2				



Annual Physical Reminder Checklist

Make an appointment for an annual physical with your child's pediatrician. Use this reminder checklist to mark the topics that you would like to discuss with your child's doctor. Contributing to your child's visit will be a great experience for both of you.

Date of Visit: _____

Behavior Topics

- Self-comforting behavior: thumb-sucking and the pacifier
- How your child communicates his or her needs
- Fussing and night waking
- How your child responds to you and others
- What your child is able to understand
- How to introduce reading and picture books
- The words or phrases your child uses or understands
- Guidance and discipline techniques to use with your child
- How your child may begin to explore independence
- How your child "gets into things"
- How your child shows his or her emotional security
- Toilet training

Remember to talk to the doctor about:

- _____
- _____
- _____
- _____
- _____

Child Care Topics

- Breast- or bottle-feeding
- How and when to change from breast-feeding to bottle-feeding or from bottle-feeding to a cup
- Sleeping with a bottle
- How and when to introduce solid food
- Vitamins and foods your child should eat
- What to look for during teething
- Sleeping environment, such as:
 - Location and type of crib/bed
 - Where to keep stuffed animals
 - Room temperature
 - Sleeping position
 - Your child's bedtime and naptime routine
- Bath-time issues: water temperature, skin care, safety
- Ways to teach your child about dangerous situations (such as electrical sockets, the stove, hot water, pools, and the street)
- The use of syrup of ipecac if your child swallows some poison
- Car seats and car safety

Remember to talk to the doctor about:

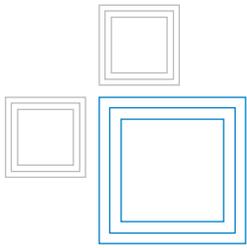
- _____
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Activities





Healthy Family Activities

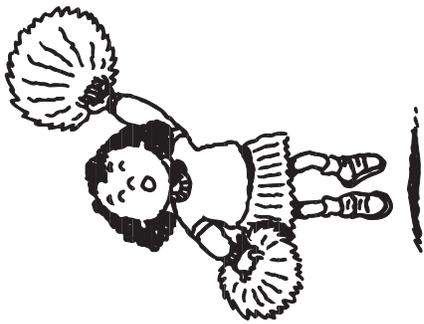
Here are some fun activities for you, your child, and your partner to enjoy. They'll bring you closer together and improve your child's self-esteem.

Activity: A Book About Me!

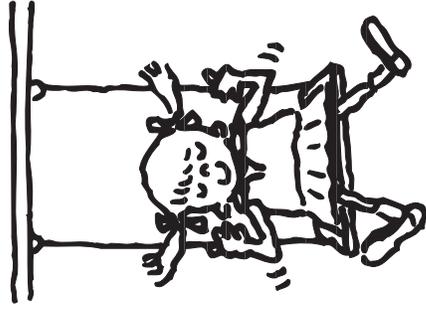
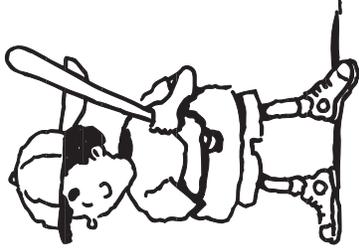
Let your child know how important he or she is by sitting down and making this book together. Use the “For your information...” and coloring pages to learn more about each other. Feel free to add your own pages too! When you're done, use two pieces of construction paper and art supplies to create a one-of-a-kind book jacket.

Be as creative as you wish. Make it a work of art to keep forever with items like macaroni and glue, finger paints, cutouts from magazines, crayons, markers, yarn, or whatever supplies you have on hand. Once you create the front and back jacket, you can attach the jacket to the book with a three-hole punch and then thread and tie yarn or string through each of the holes. Make sure you tie them loosely so that the book will open easily.

Have fun! Once your child's book is complete, keep it with his or her belongings. You may want to revisit it now and then as a reminder of this special time in your lives. Children grow up quickly, so be sure to date the book so you can remember how old he or she was when it was completed.



This Is Me!



What's special about me is



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An Independent Licensee of the Blue Cross and Blue Shield Association



Hey! It's a Book About ME!!!

For your information ...

My name is

My birthday is

i'm years old. i'm feet, inches tall.

i have hair and eyes.

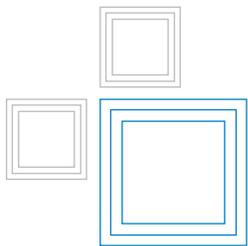
My favorite place is

When i grow up i want to be

And more than anything, i like to

i'm making this book with





Activity: Challenging Situations

Read the following five “Challenging Situations” and try using one solution with your child. Remember, parents and children experience challenging situations every day that affect the emotional health of the family. Here is a series of situations that parents of young children typically encounter, some reasons why they occur, and how you might choose to respond.

Situation 1: Getting Along with Schoolmates

It’s Thursday afternoon, you’ve been working all week, staying up late at night, to complete a project due tomorrow at work. Your five-year-old son has been coming home complaining that the other boys boss him around at school. You tell him to stick up for himself and not let anyone make him do anything he doesn’t want to. The next day, you get a call to come to the school right away. When you arrive, you are told that your son has pushed another child so hard that the child fell down and badly bruised his arm. You find your son sitting on a bench with his hands over his face. He says, “I was just sticking up for myself. I didn’t mean to hurt him.”

Why might this problem have occurred?

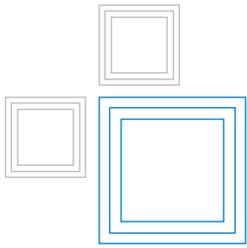
- Your son did not have the problem-solving skills he needed to handle his frustration.
- Your son turned to you for guidance but you gave him general advice, which he didn’t really understand.

What might your son be feeling?

- Frustrated because he doesn’t want to be “bossed around,” yet he doesn’t know what to do.
- Confused because using aggression to solve the problem was ineffective.

What would you try to do differently next time?

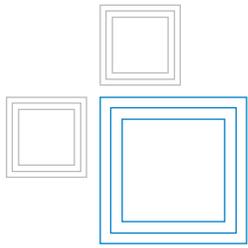
- **Take a moment to be aware of your own feelings.** It is difficult to take the time to explain what you mean to your child when your mind is somewhere else. Take a few minutes to make sure your son understands what you mean. “If the other boys bother you tomorrow, what would you say to them?”
- **Talk to your son about what is happening at school.** Ask your son what he thinks about the situation. Remember to listen to your son’s answers without adding your own judgments. Acknowledge that you heard him by restating how he might be feeling. “It must make you feel angry when someone tells you what to do.”
- **Establish clear expectations of your child.** Make your child aware of the behaviors that are acceptable for dealing with bullies. “Even though you are angry at your schoolmate, hitting is never acceptable.” Knowing in advance what he can and cannot do will help him choose strategies that are more effective.
- **Be alert to your child’s temperament and development.** Your son may need extra help learning how to handle his frustration because he is at an age where it is important to fit in and be liked by classmates. Anticipating social situations that might give your son difficulty can be helpful.
- **Give your son acceptable alternatives to his current behavior.** If your son has effective ways of solving his problems, he will probably use those skills. Through role-playing, you can practice more acceptable choices such as, “Can you talk to this boy and see if you can be co-captains of the game?” Or you might say, “When you are angry and don’t know how to handle the situation, can you ask your teacher for help? Let’s practice. What would you say?”



- **Get the support of someone you trust.** Enlist the help of your son's teacher. Teachers can work with the whole class on issues of relationships, bullying, and aggression. Partnering to help your son learn the skills he needs to handle his feelings will benefit all of you.

How can you teach your son to handle his anger and frustration?

- **Clarify your values about how to effectively solve problems.** It is important to examine your own feelings about friendship, conflict resolution, and problem-solving.
- **Role-model the correct way to resolve conflict.** Your son is learning so much from watching you.
- **Give your child the language he needs and actions he can use when he is frustrated or angry.** We often tell children what they can't do and not what they can do. Simple options such as playing with other children or asking the teacher to help solve a problem may be all it takes.
- **Read a story.** Using a book with characters that have struggles similar to the one your son is experiencing can provide a great opportunity for learning and discussion.



Situation 2: To Eat or Not to Eat . . .

It's dinnertime on a hot summer day. Your bright and healthy four-year-old daughter is a very picky eater. It is not uncommon for you to serve one meal to the rest of the family and make a special meal for your daughter. Tonight, you've decided that enough is enough, and you give her a plate of what everyone else is eating. Your daughter folds her arms across her body and shouts, "I will not eat that!"

Why might this problem have occurred?

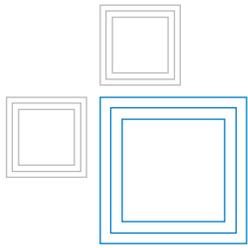
- You ordinarily make every attempt to offer her many choices of things to eat.
- Your daughter knows that if she protests, she doesn't have to eat what she doesn't like.
- Food has become a way that your child gets control.

What might your daughter be feeling?

- Confused because you changed your response to her picky eating.
- Angry because now she is expected to eat something she does not like.

What would you try differently next time?

- **Take a moment to be aware of your own feelings.** You are probably feeling concerned about your daughter's health and well-being, which then turns into a battle of wills. Also take a moment to think about your own feelings toward food. What type of role models did you have growing up and what kind of role model are you being for your child?
- **Talk to your daughter about healthy eating.** Learning about nutrition will help to decrease the mealtime battles. Together you and your four-year-old can be creative. Fun-shaped pasta with a cheese sauce or vegetables with a healthy dip might be ways of serving your daughter what she likes while still providing good nutrition.
- **Establish clear expectations of your child.** Tell your daughter in advance that there will be some changes to mealtime routines. "From now on I am going to make one meal. We will make a list of everything you like and I'll make sure that there is at least one thing you will want to eat."
- **Be alert to your child's temperament and development.** Your daughter may only care for certain foods now but her tastes will become more varied over time. Encourage her to eat the things she enjoys while periodically taking "just a taste" of something else. It's also important for a four-year-old to have appropriate control over other aspects of her life: what she wears, whom she plays with, etc.



Situation 3: Bedtime Challenges

After a long day of working hard, you have just finished reading your 18-month-old son his bedtime story, and you place him in his crib. At first, he lies down calmly, but when you leave the room, he starts to cry. You come back in and start to rub his back and sing to him. After he calms, you leave the room again. Immediately, he gets up and starts crying loudly for you to return. In the space of an hour, you return to soothe him two more times. Finally, you take your son to your bed. You crawl in and within ten minutes, your son is fast asleep. You carry him back to his crib. At two o'clock in the morning, your son wakes you up with his loud cries. You lie there wondering what to do.

Why might this problem have occurred?

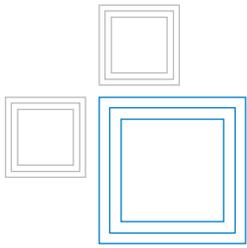
- Your son does not know how to soothe himself and fall asleep on his own.
- He knows you will come back if he cries and fusses long and loudly enough.

What might your son be feeling?

- Scared because he only knows how to fall asleep with your touch and closeness.
- Frustrated because you usually give in and take him to your bed.

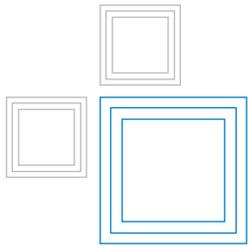
What would you try differently next time?

- **Take a moment to be aware of your own feelings.** You may feel guilty or feel like a bad parent when hearing your son cry during the night without responding to him. Trying to teach children to fall asleep on their own in the middle of the night when you are tired and sleep-deprived as well is very challenging.
- **Talk to your son about how you will put him to bed.** Although he is young and not very verbal, he still gets the sense of what you are saying through your tone and actions. “I know it’s hard for you to go to sleep, but Mommy will put you in your crib and rub your back, and you will go to sleep.” Telling him will not ensure that he will do it but is important to show him that your words will match your actions.
- **Establish clear expectations of your child.** Your son needs a predictable and consistent bedtime routine. Rub his back, sing him a song, and say, “see you in the morning” before you leave. Let him know that he must sleep in his crib. This takes a lot of practice!
- **Be alert to your child’s temperament and development.** Your son is going through a typical phase of wanting you available to him as he falls asleep. While teaching him to rely on himself takes time, you will help him to create healthy sleep patterns that will benefit him forever.
- **Give your son acceptable alternatives to his current behavior.** Tell your son that you will be nearby but that you will not take him out of the crib. Reassuring him, but still following through, will teach him self-calming behaviors.
- **Get the support of someone you trust.** Share your plan with other family members and work together. Teaching your son to fall asleep on his own may be tiring after a long day. The energy required initially will be worth it when the whole family gets a good night’s sleep.



How can you help your son/daughter sleep better?

- **Think about naptime.** Taking a late nap or sleeping too long in the middle of the day will make it harder for your son or daughter to settle at night.
- **Keep the evening playtime calm.** The less stimulated your child is when he is put to bed, the easier it will be for him to relax and fall asleep.
- **Watch for signs that your child is tired.** Putting your child to bed before he gets over-tired will make it easier for him to use his self-calming skills.
- **Provide your child with a special nighttime “lovey.”** Having a special object during a special time, such as a stuffed animal or blanket to sleep with, will help your child comfort himself when trying to fall asleep.
- **Choose the right time to make changes.** It is important to adapt these changes to the routine when you know you can follow through and don’t have a lot going on in the next few days.



Situation 4: Planting the Seeds of Sibling Rivalry

It's just about time to leave for your doctor's appointments for your children. Your daughter, age two, is eating her breakfast, and your son, who is four-months-old, is in his baby seat in the kitchen. When your daughter finishes her breakfast, she asks if she can feed the baby. Reluctantly, you agree to let her hold the bottle. Your daughter seems pleased that she is helping with her baby brother. You see that your daughter has spilled milk all over the baby's face and down the front of his shirt. You become angry and shout, "Why did you do that to your brother? That isn't nice. He is hungry and now he needs to be changed." Your daughter begins to cry and runs from the room. Now you will be late.

Why might this problem have occurred?

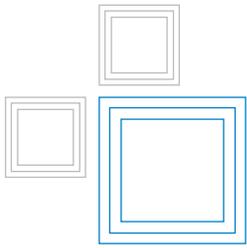
- Your daughter is trying to participate in the care of her brother, yet she is still very young.
- You do not have the time or patience to help her do it right, even though you knew she probably didn't have the skills.

What might your daughter be feeling?

- Left out because two-year-olds are attention-seeking by nature.
- Hurt and inadequate because she tried to help and only made you angry.
- Angry at the new baby—you prefer the new baby to her.

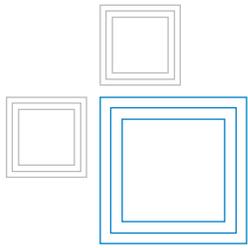
What would you try differently next time?

- **Take a moment to be aware of your own feelings.** It can be very frustrating when children's needs take control. When on a tight schedule, plan ahead by leaving extra time for unexpected accidents to happen. This will relieve your stress of getting out on time and their stress for feeling pressured.
- **Talk to your daughter about what it feels like to want to help with a new brother.** Let your daughter express her positive and negative feelings. Listening to and acknowledging her feelings is important to her ability to adjust.
- **Establish clear expectations of your child.** Make sure your daughter knows what to do and how to do it. "Yes. Here's a comfortable place to sit. Hold the bottle like this. If it comes out of his mouth, I will be next to you to help."
- **Be alert to your child's temperament and development.** While your daughter may want to help, she still has a short attention span and may not be able to physically hold the bottle in the correct place without spilling it.
- **Give your daughter acceptable alternatives to her current behavior.** Anticipating the situations that may be difficult for your daughter and planning for them will be helpful. "It is hard for me to pay attention to you now and help you out. Why don't you play right beside him and then he can watch you."
- **Get the support of someone you trust.** Ask a family member or a friend to care for the baby so that you can spend special alone time with your daughter. Sharing one-on-one time with her will give her the positive attention she is looking for.



How can you foster positive bonds between your children?

- **Minimize other changes.** Moving, changing childcare, giving up a crib, or starting toilet training will all add to the difficulty of adjusting to a new sibling. Plan these changes thoughtfully so that you can keep all changes from happening at once.
- **Carry on with regular routines as best you can.** Maintaining regular mealtimes, bedtimes, and naptimes will help your daughter make sense of the other inevitable changes in your household patterns.
- **Read a story.** Many wonderful books describe the arrival of a new brother or sister. Your daughter may be able to express her own feelings more clearly when you read a story to which she can relate.
- **Express your love.** Your daughter needs extra love and affection during this period of transition. Try to maintain a special routine or time of day that you spend one-on-one time with each other.



Situation 5: There Are Limits to Temper Tantrums

It is 5:30 p.m. and you have just picked up your three-year-old daughter from daycare. You are driving to the supermarket to pick up a few items. You tell your daughter that it is so close to dinner that there will be no snacks at the market. When you are shopping, she whines for a cookie. You give her a small cookie and say, “Nothing else now, okay?” Five minutes later, she whines for pretzels and you give her a few. At the checkout counter, she begs for a candy bar and you say, “Absolutely not.” Your daughter screams, “You’re mean... I want a candy bar.” You grab her forcefully, jerking her arm, and shout at her to stop acting this way. Your daughter begins to cry.

Why might this problem have occurred?

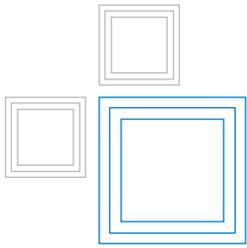
- Your daughter’s frustration tolerance is low because it is late and she is tired and hungry.
- You have repeatedly said “no,” but your actions said “yes.”

What might your daughter be feeling?

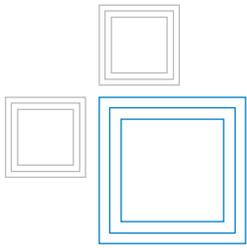
- Disappointed because the supermarket is full of wonderful things to eat and she isn’t able to have something.
- Confused and angry because you gave her the cookie and the pretzels. Why not the candy bar?
- Scared of your anger.

What would you try differently next time?

- **Take a moment to be aware of your own feelings.** You are also tired and hungry after working all day. Come prepared with a snack for you and your daughter to eat in the car before being tempted by a supermarket filled with food. “We are both going to eat some carrots in the car before we go into the supermarket. This way we can shop quickly and get home to eat dinner faster.”
- **Talk to your daughter about what it feels like at the end of a long day.** Acknowledging that your daughter is hungry and tired is important to gaining her cooperation. “I know you are tired, but I know you can help me get the things we need for dinner. If we work together, we will get home sooner.”
- **Establish clear expectations of your child.** Your daughter will behave better if you are clear on what she can and cannot have. Can she have a healthy snack such as cheese, vegetables, or a bagel while you shop?
- **Be alert to your child’s temperament and development.** Anticipating the difficulties your three-year-old may have shopping when she is tired will be critical to the success of the trip. Remember, if your daughter participates in the shopping by placing things in the carriage or crossing things off your list, she will have a more positive way of getting your attention.
- **Give your daughter acceptable alternatives to her current behavior.** Your daughter will be prepared if the expectations are shared in advance. “When we get to the store, you may have a bagel but you may not have candy.” If you say that your daughter will not get something in the store, then you must be prepared to follow through.



- **Get the support of someone you trust.** Setting limits can be challenging in the best of circumstances. Take a parenting class on setting age-appropriate limits. The information and support you will get from other parents will be invaluable.
- **How can you set limits for your daughter?**
- **Plan ahead.** Making a trip to the grocery store at 5:30 p.m. with a child that is tired and hungry will be challenging. If you must make that trip, be sure to have a short list and shop quickly.
- **Provide structure and boundaries.** When your child is tired, roaming the store is an invitation to lose control. Using structure such as “walk by my side” or using boundaries such as “sit in the carriage” will make the experience easier on both of you.
- **Role-model respect.** Providing structure and boundaries and following through on expectations demonstrate for your daughter that there is a “right way” to behave in the store and around other shoppers.
- **Call it a day.** If you follow through on the expectations you have established and your daughter loses control, leave the store. Sometimes sacrificing the situation to teach acceptable behavior is the only thing to do.



Activity: 10 Activities in 30 Days

The goal of this activity is to plan fun things to do with your child, as well as with family, and friends. Below is a list of activities you may like to try, or create new ones on your own. The goal is to complete 10 activities in 30 days. You can keep track of your progress by checking off activities you've completed as you go along. Have fun!

- Explore the beach together.
- Throw a ball or play catch together.
- Play hide-and-seek together.
- Dig in the garden together.
- Make playdough together.
- Finger-paint together.
- Draw with sidewalk chalk together.
- Swing on the swings together.
- Take a walk together.
- Play flashlight tag—you're it!
- Go to a parade together.
- Take a bicycle ride together. (Don't forget the helmets!)
- Go to the movies or rent a movie and watch it together.
- Write letters to cousins and/or friends.
- Read a book together.
- Go to a concert together.
- Dance to old records together.
- Make popcorn together.
- Wake up early and watch the sunrise together.
- Stay up late and watch the stars together.
- _____
- _____
- _____

