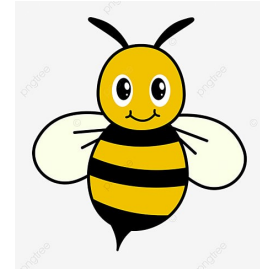




LEWIS COUNTY EARLY HEAD START

EHS Family Togetherness March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Make green playdough. (recipe on back)	2 Make green eggs and ham for Dr. Seuss' birthday!
3 Dance to music.	4 Play basketball with a laundry basket & rolled socks.	5 Find things in your home that are green.	6 Add green food coloring to your bath tub.	7 Paint a rock and hide it.	8 Go on a nature hunt!	9 Sing "Itsy Bitsy Spider" together.
10 Build a blanket fort.	11 Read a Dr. Seuss book!	12 Bake cookies!	13 Create a rainbow using crayons and paper.	14 Have a dance party!	15 Visit a sugarbush.	16 Have a picnic indoors or outdoors depending on the
17 Plant a flower for the first day of Spring.	18 Play at a playground.	19 Count the stairs as you go up or down.	20 Make a healthy snack. (ideas on back)	21 Paint with sponges.	22 Fold clothes or towels together.	23 Make and eat pancakes.
24 Set up an indoor obstacle course. (ideas on back)	25 Scoop & pour water in the bath tub.	26 Take a walk and look for grass and flowers.	27 Read a new book together!	28 Color Eggs	29 Have a family movie night.	30 Practice scooping with a spoon.



Playdough in a Bag Recipe

2 cups flour
3/4 cup salt
4 tsp. cream of tartar
2 cups lukewarm water
2 tbsp. vegetable oil
Food Coloring (optional)
Quart Sized Plastic Baggie

- Stir together flour, salt & cream of tartar in a large pot.
 - Add water & oil and cook over medium heat, stirring constantly until thick and begins to form a ball.
- Remove from heat, allow to cool and place in a baggie or on wax paper.
 - If coloring, put 3-5 drops of food coloring into the bag and knead.

Ideas for Indoor/Outdoor Obstacle Course

- Use broom to limbo or crawl under
- Climb over chairs
- Toss socks/bean bags into a basket
- Roll, hop, skip, jump, etc. from one room to another
- Mountain climb over pillows, blankets or couch cushions

These should only be done with adult supervision. Safety First!!

It is recommended that toddlers get at least 30 minutes of structured (adult-led) play and 60 minutes of unstructured (active free play) physical activity each day! (kidshealth.org)

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.

