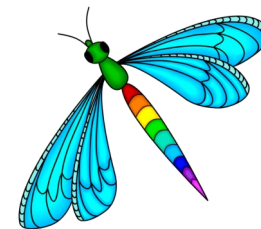


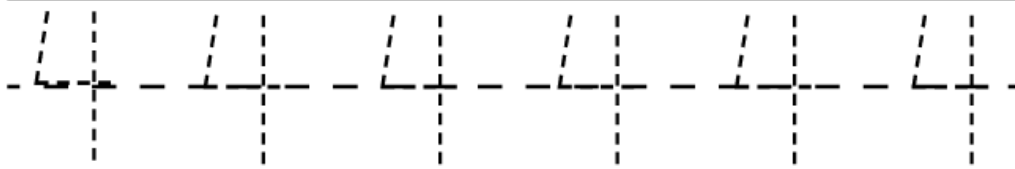
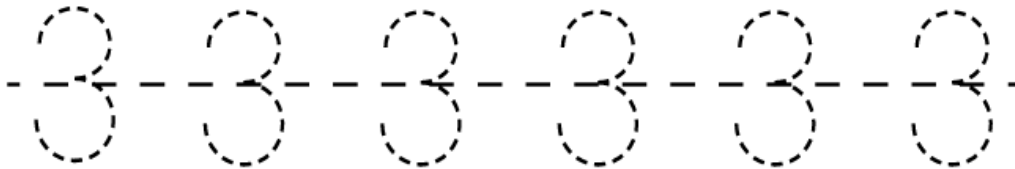
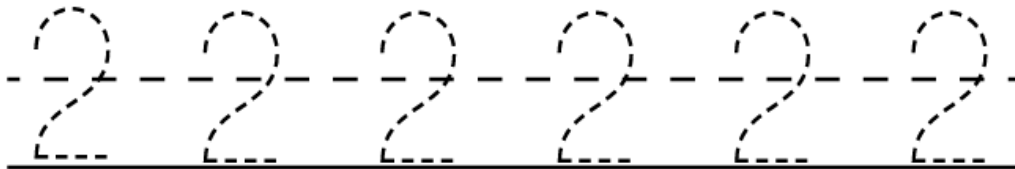
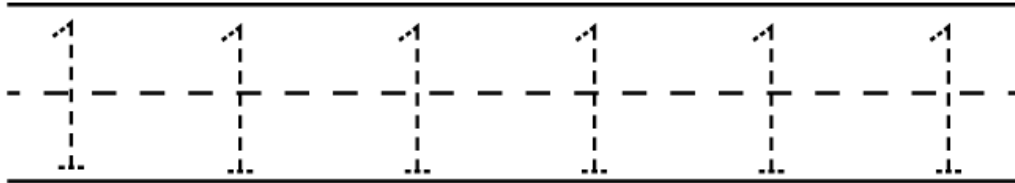


LEWIS COUNTY HEAD START
Family Together Calendar
March 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Draw a picture of your house.	2 Read two of your favorite books.
3 Put old bread outside for the birds and count how many you see.	4 Do the "hokey pokey".	5 Reach up to the sky and then down to your toes 10 times.	6 Do something special for someone you love.	7 Complete the number tracing activity on back.	8 Play a board game together.	9 Everyone help do the dishes after dinner.
10 Practice hopping like a bunny.	11 Search your house high and low for shapes.	12 Write a letter to someone special.	13 Make your own peanut butter and jelly sandwich for lunch.	14 Make a special breakfast that everyone enjoys.	15 Rearrange a room in your home.	16 Practice saying the numbers of your phone number.
17 Find things in your home that are green.	18 Make a race track with masking tape on the floor.	19 Practice zipping your coat.	20 It's the First Day of Spring! Go for a walk outside.	21 Build a fort in your living room.	22 Trace each others hands on paper. Whose are bigger?	23 Play "I spy".
24 Practice shaking hands and introducing yourselves.	25 Make green milkshakes!	26 Get dressed all by yourself today.	27 Practice a fire drill.	28 Color eggs.	29 Talk about things that make you happy.	30 Find the first letter in everyone's name somewhere in your home.
31 Play outside!						

Number Tracing Activity



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.