

2010 Family Fun Calendar

Being Healthy is Fun!

This year's family fun calendar uses a theme of being healthy while having fun! Good health does not stop with eating a balanced diet! Good health combines a balance of healthy eating, a healthy mind, and the healthy expression of emotions.

Each month, we present an aspect of health for your family to discover together. Please feel free to modify the activities or recipes to make them your own (Check with your health care provider before changing your exercise, stretching or dietary routines).

You will also find simple activity ideas on each calendar square. These activities can be enjoyed by people of all ages and most can be done with items you have around the house. There is no "right" way to use this calendar.

You can:

- ◆ Modify the activities based on your family's interests.
- ◆ Do the activity on the day it is listed.
- ◆ Circle the activities you like and do them on the day of your choice, perhaps on your "family night."
- ◆ Do all the activities or one activity each week.

However you decide to use the calendar, spending quality time together will have a positive impact on your family. (For daily activities denoted by an asterisk, you will find more information on the very last page of this calendar.)

We truly hope that this calendar helps you find ways to spend quality time as a family while having fun! If you would like to share a story about your family using the family fun calendar or suggest topics for future calendars, please email us at pcaw@cssw.org or send a note to:

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Sincerely,
PREVENT CHILD ABUSE WISCONSIN STAFF
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It's Time to Eat!

This month is all about eating healthy foods to fuel your body in the best way possible. Everyone's body is different, but we all have to eat healthy foods in order to stay strong and well! "Eating healthy" is such a broad term, it can be hard to know what to do to make sure that you and your family are getting the proper nutrition. Here are some tips for adults and kids that can help along the journey to eating well and being well!

For Adults

- ❶ Include fresh fruits and vegetables in your diet! Try some new recipes using different fruits and vegetables.
- ❷ Avoid foods containing artificial flavors and colors (listed in "For Kids" section). They affect adults in the same way!
- ❸ Try natural sweeteners in your recipes, or to sweeten coffee or tea. Honey and maple syrup are just as sweet, but better than sugar because they contain nutrients and are not processed with chemicals like sugar is.
- ❹ Once you cut the chemicals and excess sugar out of your diet, you'll feel better and have more energy!
- ❺ Try juicing! It's not hard, and it can be a fun and healthy way to get in more vegetables (e.g. juice one carrot, 2 celery stalks, and an apple). PS -Even picky kids might like it, too!
- ❻ The most important thing you can do to affect your kid's long-term eating habits is to model healthy eating yourself.

For Kids

- ❶ Kids can be PICKY, so sometimes it can take 10 times or more of trying a new food before they'll really get used to it and eat it. Keep offering them those vegetables!
- ❷ There are kid-friendly healthy foods out there, like whole grain mac and cheese, yogurt, and cut-up fruit pieces.
- ❸ You can make a homemade cookie recipe healthier by substituting wheat germ for 1/3 of the flour and cutting the sugar by a quarter or even half. They won't know the difference!
- ❹ Sadly, too many "kids' foods" offer a whole host of dangerous chemicals (used for coloring and flavoring) that can affect kids behavior and health. Watch for and AVOID these: 1. Anything with a color followed by a number (e.g. Red 40, Yellow 5, etc.), 2. "MSG" (monosodium glutamate), and 3. "artificial flavor."
- ❺ Check out The Sneaky Chef (Missy Lapine) at the library. It's an excellent way to hide healthy food in kids meals!

Notes for January

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Make a New Year's Resolution	2 Catch snowflakes
3 Look for frost on windows	4 Start a family journal	5 Be kind	6 Sing "Jingle Bells" together	7 Say "hello" to everyone you meet	8 Observe a winter night	9 Bake gingerbread cookies
10 Look for tracks in the snow	11 Give everyone in your house a hug	12 Eat dinner by candlelight	13 Write a story about winter	14 Take turns reading out loud	15 Take a bubble bath	16 Make snow angels
17 Hunt for icicles	18 Pretend you are at the beach	19 Bundle up and play outside	20 Learn how to write your name	21 Make a sculpture out of household items	22 Talk about things you like to do	23 Wear pajamas all day
24 Make paths in the snow	25 Drink hot chocolate	26 Have a spelling contest	27 Visit a museum	28 Do jumping jacks	29 Make someone smile	30 Go sledding
31 Have an indoor picnic						



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It's Time to Stretch!

This month is all about remembering to stretch! There are so many reasons that stretching is good for our bodies and our health! First, it increases blood and nutrient supply to our muscles. Second, it can decrease pain in our bodies. Third, stretching increases muscle balance around our joints to help with good posture! Stretching isn't just for adults, either; kids get the same benefits from stretching. If it's a bit more fun, kids will be more interested in sitting with you so that you can stretch together!

Stretches for Adults

Stretch One: Lower Back Extension:

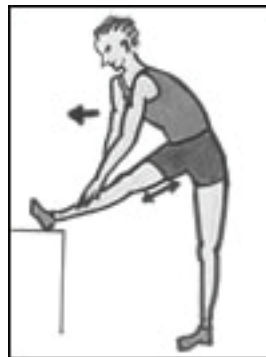


Kneel on a floor. Gently stretch your arms out in front of you along the floor while allowing your head to drop towards the floor and your bottom to move towards your heels. Gently walk

your fingertips away from your body for a stronger stretch in the shoulders. Work on keeping your tail bone as close to your heels as possible.

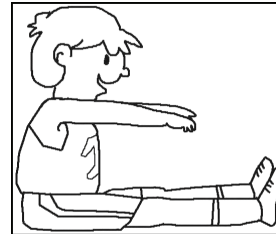
Stretch Two: Hamstring Stretch

Place your right foot on a bench or chair with your leg straight and extended. Slowly lean forward while reaching your hands towards your right shin and keeping your torso straight. Look forward so that you bend from the waist. Try not to hunch. Repeat for the opposite leg.



Stretch for Kids

Painting a Rainbow:



Do this with your child. Sit on the floor with legs straight out in front of you. Separate your feet so that they are about 36 inches apart. Dip a pretend paintbrush into a pretend pot

of paint (child picks a color) between your legs. Keeping your back as straight as possible, stretch from the hips to the left, reaching toward the left side of your body. Imagine that you are painting a rainbow over your left foot with your right hand. Paint several colors over your foot. Repeat this exercise with left hand and right foot.

Notes for February

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Color with 2 crayons at once	2 Make a photo album	3 Talk about how lucky you are	4 Learn to knit	5 Talk about fire safety	6 Check smoke alarms
7 Get together with friends	8 Play music while doing chores	9 Discuss a TV show	10 Make a fruit salad	11 Set a good example	12 Draw a picture for someone	13 Create a family art gallery
14 Start a new family tradition	15 Talk about your day	16 Count things that are triangles	17 Order dinner to be delivered	18 Bake heart shaped cookies	19 Tell someone you love them	20 Look for your shadow outside
21 Read a biography	22 Wash dishes together	23 Pretend it is summer	24 Talk about the future	25 Close your eyes and listen	26 Donate a book to the library	27 Make a macaroni necklace
28 Learn something new today						



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It's Time for Breakfast!

Good morning, it's time for breakfast! This month is all about the most important meal of the day. Even though breakfast is good for our brains and our bodies, it's the meal that is the most often skipped or skimped on due to the morning rush. Kids who eat breakfast can concentrate and learn better in school, and adults perform better in the workplace and at home. Morning time is rushed in so many households, so here are two recipes that can be eaten on the go. They combine healthy ingredients to kick start your morning!

Morning Cookies

This recipe is adapted from The Sneaky Chef. They are to be made ahead of time and stored in the freezer. Just defrost in the fridge overnight—they're great with milk!

WET INGREDIENTS

2 eggs
3/4 C brown sugar
1/2 C canola oil
1 T + 1 t vanilla
1 tub low-fat ricotta
cheese

DRY INGREDIENTS

4 C cereal (like corn or wheat flakes)
1/2 C wheat germ
1C unbleached flour
1 t baking soda
1 t salt
2 t cinnamon

Directions: Preheat oven to 400°. Combine wet ingredients in medium mixing bowl. Add dry ingredients and blend with spoon. Scoop approx 1 1/2 T out onto cookie sheet and flatten with back of spoon. Bake for about 20 minutes, or until golden.

Breakfast Smoothies

These two recipes will use a blender. They are adapted from The Good Housekeeping Illustrated Children's Cookbook.

BANANA SMOOTHIE

1 container vanilla low fat yogurt (8 oz)
3/4 C pineapple or orange juice
1 large ripe banana, cut into pieces

STRAWBERRY SMOOTHIE

1 container vanilla low fat yogurt (8 oz)
1 1/2 C strawberries (cut in half with stems removed)
1 t honey
4 ice cubes

Directions for both: Blend for one minute on medium speed.

Notes for March

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Make play dough* (see last page)	2 Don't give up!	3 Go bird watching	4 Make up a story	5 Make shadow puppets	6 Go on a family outing
7 Look for signs of spring	8 Celebrate	9 Create a family tree	10 Make tacos for dinner	11 Chores before play	12 Count to 100	13 Time the sunset
14 Make root beer floats	15 Give lots of hugs	16 Share your toys	17 Try a new vegetable	18 Do two chores	19 Talk about fairness	20 Draw the weather
21 Write in a journal	22 Learn about Wisconsin	23 Take a deep breath	24 Family night	25 Share your favorite poem	26 Go to the zoo	27 Spring cleaning
28 Read the comics	29 Show you care	30 Play tic tac toe	31 Make granola			



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It's Time to Talk!

This month is all about communicating with others in a healthy and productive way. Improving your communication skills will help you in all of your relationships, including those at work, with loved ones and especially with kids! Developing healthy ways to talk and listen to others helps you to feel confident. It helps you to express yourself so that you can be better understood (and you can better understand others, too). Your kids can learn how to communicate more effectively with others by observing and interacting with you. Best of all, communicating effectively can help you feel closer and less frustrated with those around you, which always makes for a happier day!

Improving Communication

Here are some steps to improving communication skills:

1. Wait until you are calm before engaging in conversations. Not much good will come from a conversation where there is yelling. Plus, we often say things we don't mean when we are angry. There is nothing wrong with saying to a co-worker, spouse or child, "I can't talk to you right now. I'm upset. I need to calm down first."
2. Make direct eye contact when you are talking to someone. This shows you are interested in what the other person is saying, and encourages the other person to be interested.
3. What is your body language saying? Your body language is actually louder than any words you say! Are you trying to help someone with your words, but standing with your arms crossed? Try standing with your arms at your sides, which is a more open body language.

More Communication Tips

- ☞ Try to expand and develop your voice with softness.
- ☞ Slow down, speak and pronounce words clearly.
- ☞ Use facial expressions to show you are interested in a conversation.
- ☞ Use "I" statements instead of "you" statements. They can be so helpful! You can express yourself without attacking the other person's self-esteem. Example: instead of saying, "You are so lazy! Your dirty clothes are always on the floor and I'm sick of picking them up!" You can say, "I feel frustrated when I pick up your dirty clothes from the floor every day. Can you try to remember to put them in the laundry basket tomorrow?"
- ☞ Try holding a family meeting once a week to discuss issues and/or scheduling concerns.
- ☞ Make sure to hug your loved ones to show them your love!

Notes for April

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Learn about a president	2 Make dinner as a family	3 Have a family show and tell
4 Go puddle jumping	5 Read a book about bugs	6 Pretend you are walking on the moon	7 Exercise as a family	8 Play catch with a friend	9 Create a new dance step	10 Go on a treasure hunt
11 Make up a family skit	12 Turn off the TV for the day	13 Laugh out loud	14 Wear your favorite outfit	15 Act like your favorite animal	16 Share your favorite book	17 Go for a hike
18 Help a neighbor with yard work	19 Learn to spell a new word	20 Talk about how school is going	21 Make a sculpture out of play dough	22 Make funny faces in the mirror	23 Cook soup for dinner	24 Look at family baby pictures
25 Talk about gratitude	26 Discuss what you want to be when you grow up	27 Clean your room	28 Play tag	29 Tell a joke	30 Send a card to someone you love	



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It's Play Time!

This month's theme is about using your imagination, while engaging in physical activity, to benefit both mind and body. As Albert Einstein said, "Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." As you'll see, hopping, crawling, and pretending with your kid(s) is fun, and a great way for the whole family to exercise together.

Pretending 101

Here's an example of how you can pretend to be a bear:

- 1) Start the game with a fun intro, like saying:
"Come look, there's a bear in the kitchen!"
- 2) Crawl like a bear with your child.
"C'mon! Let's crawl like bears! Grrrrr!"
- 3) Find some pretend "food" that the animal likes.
"There's a river over there! See the fish? Pretend to eat the fish."
- 4) Find a pretend home for the animal.
"Look! There's our cave. Let's get inside and take a nap"
- 5) Continue, end the game, or start over with a different animal.

Animal Examples

Bunny: Hop, Tsk sound, Carrots, Bunny Hole

Frog: Hop, Ribbit, Flies, Lilly Pad

Cat: Crawl, Meow, Cat Food, Cat Bed

Cow: Crawl, Moo, Grass, Barn

Adjusting the Game

Is your child too young/old or "not into it?" Adjust the game by starting with just the animal sounds, or perhaps start by getting some books out of the library and reading about different animals. Try to play the game again. Sometimes it takes a few tries before a child catches on. But simply by modeling how to pretend, your child is learning by example that it's good to use his or her imagination! And, of course, you're never too old to be silly!

Notes for May

May 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Find 5 different kinds of trees
2 Talk about what makes you laugh	3 Show kindness to someone	4 Play checkers	5 Learn about your family history	6 Make puppets out of paper bags	7 Volunteer!	8 Make s'mores
9 Teach someone something new	10 Pretend you live in the rainforest	11 Read a non-fiction book	12 Go to the playground	13 Eat healthy!	14 Stop and smell the roses	15 Craft Day!
16 Make tissue paper flowers	17 Go for a bike ride	18 Do something you have been putting off	19 Talk about what it means to feel safe	20 Read a magazine	21 Pizza party!	22 Plant a garden
23 Make a volcano*	24 Talk about what you are thankful for	25 Read a comic book	26 Thank your teachers	27 Make a summer reading list	28 Set goals for the summer	29 Pick flowers
30 Feel your heartbeat	30 Have a friend sleep over					



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It's Snack Time!

The kids are getting hungry, but it's not yet time for lunch (or dinner)! It's a great time to grab a healthy snack. But what are good healthy snacks to choose? Sliced apples with nut butter, veggie sticks with ranch dressing, and/or whole grain crackers with cheese are all good choices. Visit a local farmers market—they often have recipes and info about their produce. Also, keep in mind that processed snack foods designed for children are often full of refined sugar and chemicals like artificial colors and flavors and have little nutrients! Here are two easy and healthy snack recipes that are kid-tested and full of healthy ingredients.

Peanut Butter Boulders

WET INGREDIENTS

1/2 C peanut/nut butter
1/4 C honey
1/3 C powdered milk
1 t lemon juice

DRY INGREDIENTS

2 C oat ring/other cereal
1/3 C dried fruit
2/3 C chop nuts/sunflower seeds

Directions: In a large bowl, combine peanut butter, honey, powdered milk and lemon juice. Stir in cereal, dried fruit and sunflower seeds.

Moistening hands with water as needed, roll cereal mixture into balls. Set on wax paper until outsides feel dry, about 30 minutes. Makes 30. Store in refrigerator for up to 5 days.

Aunt Ellie's Snack Mix

INGREDIENTS

3/4 of a 12 oz. box of *Kashi* Honey Sunshine Cereal
1 C raisins
1 C peanuts (or other nuts)
3/4 C sunflower seeds
3/4 C chocolate chips

Directions: Mix all ingredients together in a large bowl. Enjoy!

Notes for June

June 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Make cereal treats*	2 Say 10 nice things	3 Have a family sing-a-long	4 Finger paint	5 Enjoy popcorn and a movie
6 Make a bird feeder	7 See how quiet you can be	8 Share credit for something	9 Stretch	10 See how fast you can run	11 Draw your favorite place	12 Go for a long walk
13 Visit a farm	14 Explore with a magnifying glass	15 Make ice cube tray popsicles	16 Go to an outdoor concert	17 Play Frisbee	18 Play in a sprinkler	19 Write a poem about summer
20 Go out for ice cream	21 Learn about your community	22 Plan a dream vacation	23 Look for wild flowers	24 Support a fundraiser	25 Be honest when asked a question	26 Go to the farmer's market
27 Play ball outside	28 Set up a lemonade stand	29 Talk about being a good citizen	30 Invite a friend to dinner			



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It's Time to Get Moving!

This month is about getting the exercise you need by making small changes in your everyday activities. While some people love a dedicated time to exercise at home or at the gym, life can get busy and exercise can be tough to fit in. This is an opportunity to re-think exercise as a total amount of movement throughout the day, instead of a 20-30 minute experience. You may even be able to get more exercise into your regular routine this way.

For Adults

- 🚲 Park further away from the store and your job. If you take the bus, get off a stop before your destination to get in some extra walking.
- 🚲 Take the stairs instead of the elevator, even if it's only one flight. It all adds up!
- 🚲 Stand up every half hour or so and practice stretching at your desk or home at two or more points during the day.
- 🚲 Take a walk during your lunch break.
- 🚲 Enjoy some yard work.
- 🚲 Change the way you feel about scrubbing the tub, vacuuming, and cleaning in general. Thinking of physical, daily activities as "free exercise" can make tasks feel more useful and more fun!

For Kids

- 🚲 Kids naturally love to play. Take advantage of this inclination to have fun in the yard or the park. Play right along with them so they can learn to be physically active by your example.
- 🚲 Turn off the TV and get outside. If it's cold, bundle up! Get out a ball and play catch. You can help kids to use their imagination, so that an open field or yard can turn into a tiger rescue.
- 🚲 Sitting on the floor to play a board game can be exercise for kids because they have to move and stretch.
- 🚲 Create a treasure hunt (with small trinkets) or egg hunt (fill plastic eggs with healthy snacks) to get kids moving around. They'll never know they're getting exercise!

Notes for July

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Clean out your closet	2 Donate old clothes	3 Go for a bike ride
4 Write a story about your hero	5 Share a happy memory	6 Pick dandelions	7 Draw with sidewalk chalk	8 Jump rope as many times as you can	9 Talk about water safety	10 Go swimming
11 Make a drum out of a box	12 Help fold laundry	13 Talk about your feelings	14 Let go of a grudge	15 Volunteer as a family	16 Have a family BBQ	17 Bake a cake
18 Go roller skating	19 Find your favorite color in nature	20 Catch fireflies	21 Take a walk in the park	22 Help with the grocery shopping	23 Eat a vegetarian meal	24 Weed the garden
25 Watch ants in the grass	26 Play "duck, duck, goose"	27 Call a relative to say "hi"	28 Make an obstacle course	29 Have breakfast for dinner	30 Listen for crickets at night	31 Learn some sign language



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It's Time to Relax!

This month's theme is about the "art of relaxation." It can be difficult in our rushed and busy society to relax, but it is a necessary part of staying healthy! Studies have shown that there are many benefits to relaxing, such as decreasing anger and anxiety, improving your immune system, and even helping you to have a better memory! All it takes is 10 minutes a day, and you'll be on your way to a more calm and "stress-lite" life.

Technique One—Breathing

We do it all day and all night, but rarely do we think about our own breathing. By paying careful attention to our breathing, we can help relax our minds and bodies.

1. First, get into a comfortable position, sitting or lying down. Perhaps just after waking.
 2. Begin focusing on your breath... in, out, in, out. Count your breaths from one to ten, starting over again at one. (If your mind wanders, gently bring it back to your breath).
 4. Feel your body relax as you focus on your breathing.
- Start with 5 minutes a day, and gradually increase to 10 or 15 minutes when you are ready.

Technique Two—Mindful Walking

If you have even just one minute to walk, such as from the bus or car into the grocery store, you have one minute to "walk mindfully." For the first time, find a park or an open space (where you won't encounter traffic).

1. First, just stand. Feel the weight of your body.
2. Begin walking at a normal pace. Let your mind focus on each and every step that you take.
3. If your mind wanders, gently bring it back to your steps, feeling the rhythm, paying attention to how your legs, hips and body feel.
4. When you're ready to stop, stand for a few moments and take a few deep breaths.

Notes for August

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Share a favorite song	2 Play leap frog	3 Go for a walk	4 Take a bubble bath	5 Ask for help	6 Draw a rainbow	7 Be helpful
8 Make a goal for the week	9 Dance!	10 Draw how you feel	11 Say "please"	12 Pretend its winter	13 Write a letter	14 Make pizza for dinner
15 Play outside	16 Make up a song	17 Make a family flag	18 Build a sand castle	19 Count things that are blue	20 Tell knock-knock jokes	21 Play hide and seek
22 Talk about going back to school	23 Make someone laugh	24 Count stars	25 Read a book outside	26 Be yourself	27 Brew ice tea	28 Watch the clouds
29 Have breakfast in bed	30 Cut out shapes	31 Bake cupcakes				



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It's Snack Time!

This month's snack highlights are great for both older kids and adults. We often go through the day "too busy" to eat, forgetting to do so (or even worse, get hungry later and eat candy or donuts). Snacking keeps our blood sugar more stable, which leads us to think more clearly, helps to chase away grumpiness and even helps us to get more done! These two snacks don't need refrigeration and are very portable. They're full of protein, vitamins and minerals to help keep you going! You can mix these snacks with a piece of fruit for extra nutrition.

Granola Bars

3 C oatmeal (old fashioned)
1/2 C wheat flour
1/2 C chopped nuts, such as walnuts or pecans
1/2 C dried fruit
1/2 C peanut butter (or other nut butter)
1/2 C honey
3/4 C water

1. Preheat oven to 250°. Put oats, flour, nuts, and dried fruit into a large mixing bowl.
2. Mix honey and nut butter in a large cereal bowl; slowly stir in water until mixed well.
3. Pour liquid mixture into dry ingredients and stir until well coated. If not very sticky, add water 1/4 C at a time
4. Spread on bar pan or cookie sheet
5. Bake for 25-30 min.

Trail Mix

Mix 3/4 C each of 5 or 6 of the following ingredients (some from each category) and store in a washed glass pasta sauce jar in your desk drawer or car. Each time you make a new batch, change up the ingredients to try new flavor combinations.

FRUIT: dried cranberries • dried blueberries • dried cherries • raisins • coconut flakes • dried mango

NUT/SEED: whole almonds • pecans • walnuts • peanuts • cashews • shelled sunflower seeds • chocolate covered peanuts • pumpkin seeds • chocolate covered raisins

GRAIN: cereal, such as *Kashi Crunch* or *Cheerios* • pretzel sticks • sesame sticks • animal crackers • small cheese crackers

Notes for September

September 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Go on a scavenger hunt	2 Make a collage from things from nature	3 Read poetry out loud	4 Pretend you are famous
5 Bake cookies to give away	6 Wish upon a star	7 Finger paint with shaving cream	8 Learn how to tie your shoes	9 Write about your favorite animal	10 Watch squirrels play	11 Fly a kite
12 Visit a nursing home	13 Read a book about dinosaurs	14 Paint with watercolors	15 Apologize for something you did	16 Pick up litter in your neighborhood	17 Blow bubbles	18 Act out your favorite story
19 Do chores together	20 Help a friend	21 Talk about peaceful living	22 Listen to the wind in the trees	23 Explore a map together	24 Try to play without talking	25 Make a new recipe
26 Read bedtime stories	27 Make funny faces	28 Make fruit smoothies	29 Tell a silly story	30 Start a stamp collection		



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It's Brain Time!

This month's highlights are about playing to help sharpen your brain. Our brains continue to form new pathways — well into adulthood. So it turns out you CAN teach an old dog new tricks! Giving your brain exercise is a great idea to help prevent cognitive decline—and best of all, it's easy to do! Even very simple things like brushing your teeth with your opposite hand can improve your brain function.

For Adults

Try some of these fun brain exercises:

- ☺ Do something a different way: use your opposite hand to: brush your teeth, dial the phone, or comb/brush your hair.
- ☺ Learn something new! Try checking out a book from the library about a topic in which you are interested.
- ☺ Start or complete a crossword puzzle.
- ☺ Try Sudoku! Sudoku is a number grid game that is addictive and fun.
- ☺ Play a game! Card games and board games stimulate your mind.
- ☺ Try adding or subtracting numbers in your head.
- ☺ Estimate your store total as you put items in your cart, and then calculate the sales tax you'll pay.

For Kids

For kids, you can incorporate learning into everyday experiences:

- ☺ When you are at the store, talk about the price of the items you are buying. Show how different brands are different prices (for an older child discuss unit price or the cost of buying multiple items).
- ☺ Find letters in street or store signs (for an older child, play a letter game where you have to find every letter of the alphabet in street/store signs).
- ☺ Cut pictures from an old magazine. Draw cartoon speech balloons for people in the pictures and let your child think of what they might be saying. An older child can write in the words.
- ☺ Use goofy rhymes and alliteration throughout the day!

Notes for October

October 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Dress up for dinner	2 Do a favor for someone
3 Exercise as a family	4 Lay under colorful fall leaves	5 Paint a picture	6 Rake leaves	7 Watch your favorite show together	8 Walk like a duck	9 No complaining today
10 Clean your room while dancing	11 Pretend you are an astronaut	12 Make a nutritious snack	13 Call your best friend	14 Sing in the shower	15 Run around your home together	16 Family slumber party!
17 Work on a puzzle together	18 Learn about saving money	19 Find where you live on a map	20 Laugh a lot today	21 Listen to classical music	22 Invite the neighbors to dinner	23 Visit a pumpkin patch
24 Carve pumpkins	25 Learn about state candidates	26 Visit a new park	27 Write a poem about your family	28 Talk about things that scare you	29 Do laundry together	30 Call Grandma to say hello
31 Go to the library						



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It's Time to Sleep!

This month is all about getting the sleep you need to help keep you healthy and strong. Kids need their sleep, too! All sorts of things can keep us from sleep, including stress and even lack of time. But more and more studies are showing that lack of sleep can affect both your short-term and long-term health. Adults and kids alike thrive on routine, so one way to ensure the best sleep possible is to get into a healthy sleep routine. Here are some tips for you and your kid(s) to journey into a great night's rest!

For Adults

- › Try to avoid caffeine, which makes it difficult for your body to slow down, especially within 6 hours of bedtime.
- › Pick a bedtime and really aim to be (at least) laying down at that time.
- › Turn off the TV and Computer 2 hours before your bedtime! The blue light that it emits is a signal for your body to wake up.
- › Adults can benefit from a bedtime routine or ritual as much as kids do! Try doing the same things in the same order before retiring to bed (e.g. wash face, brush teeth, read for 10 minutes).
- › Try this: just before getting into bed, write a list of things that you need to do and/or general worries. And then leave it for tomorrow. Then, try your best to clear your mind and relax as you get into bed.

For Kids

- › A pleasant bedtime routine is key for kids to get a restful night's sleep. Doing the same things in the same order comforts children, and also helps their bodies wind down to prepare for sleeping! Here's an example: *Brush teeth, go potty, take a bath, get on pajamas, listen to or help read a set amount of stories, listen to a good-night song, share a goodnight hug.*
- › Avoid chocolate and sugar for 3 hours before bedtime.
- › Avoid TV/video games 2 hours before bedtime.
- › Avoid caffeine completely for children.
- › Teach children 3+ to relax with breathing exercises (see the August calendar) and practice these techniques together before the child goes to sleep.
- › Bedtime can be a great time to talk with your kids about their day, their wishes, their fears, etc. They are less distracted and more likely to open up at this time.

Notes for November

November 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Spend time drawing	2 Practice good table manners	3 Read out loud	4 Go ice skating	5 Play cards	6 Learn 5 new words
7 Say "I love you"	8 Draw the world	9 Tell a joke	10 Walk like a bear	11 Play dress up	12 Sing songs out loud	13 Try a new hobby
14 Think positive!	15 Build with blocks	16 Learn a new word	17 Look for the moon	18 Set the table	19 Recycle something	20 Be patient!
21 Practice the ABCs	22 Make a new friend	23 Play "charades"	24 Write a story together	25 Have a tea party	26 Talk out a problem	27 Take a family photo
28 Bake pumpkin pie	29 Make soup for dinner	30 Give yourself a hug				



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It's Time for Dessert!

With generally more time spent indoors, winter can be chock full of opportunities for healthy cooking and healthy eating! But... 'tis the season for desserts' and it can seem difficult to turn away from all of the sweets that surround us. Now is the time to start making some healthy desserts for your family this season. Here are two quick winter favorites that will warm up the kitchen and, at the same time, add some wholesome, nutritious foods to your day!

Apple Crisp Pie

This is an easy version of apple crisp with much less sugar and fat — adapted from [Natural Health](#) magazine.

FILLING

4 –5 apples, peeled and diced
1 T lemon juice
2 T honey
2T cornstarch

CRUMBLE TOPPING

1 T canola oil
2 T coconut oil or butter
1 C old fashioned oats
1/4 C honey
1/2 C wheat flour
1 t each allspice and cinnamon
1/4 t salt
2 T chopped pecans/other nuts

Directions: Preheat oven to 375° and spray pie pan with oil. In medium mixing bowl, combine filling ingredients. Pour into prepared pie pan. Rinse bowl to reuse. Combine crumble ingredients in bowl and work together with a fork. Distribute over filling. Bake for 30 minutes or until topping is golden.

Cinnamon Chocolate Chip Cookies

This is a quick and healthy recipe by Ingrid Hoffmann (The Food Network).

WET INGREDIENTS

1/2 C unsweetened apple sauce
1/2 C brown sugar
1 large egg
1 t vanilla
1 T honey
1 T olive oil

DRY INGREDIENTS

1 C wheat flour
1 1/2 C oats (old fashioned)
1/2 t baking powder
1/2 t baking soda
1/2 t salt
1 T cinnamon
1/2 C chocolate chips

Directions: Preheat oven to 350°. Mix wet ingredients with mixer on medium speed until well blended. Add dry ingredients and stir just until blended. Stir in chocolate chips. Scoop teaspoons of dough on to cookie sheet and bake for 12-15 minutes, until edges are crispy.

Notes for December

December 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Build a fort with pillows	2 Help water plants	3 Make play dough*	4 Do somersaults	5 Build a snow fort
6 Go to a matinee at the movies	7 Play "follow the leader"	8 Try a new fruit	9 Thank someone for being a friend	10 Make paper airplanes	11 Sing songs in the car	12 Make banana splits
13 Talk about generosity	14 Collect change for a local charity	15 Make chocolate milk	16 Make a "to do" list	17 Learn about a foreign country	18 Do dishes by hand	19 Bundle up and play outside
20 Bake cookies	21 Help clean up	22 Look for things that are square	23 Read a book together	24 Play a board game	25 Say "thank you"	26 Write "thank you" cards
27 Help make breakfast	28 Exercise to music	29 Get a new calendar	30 Look for frost on the windows	31 Talk about the past year		



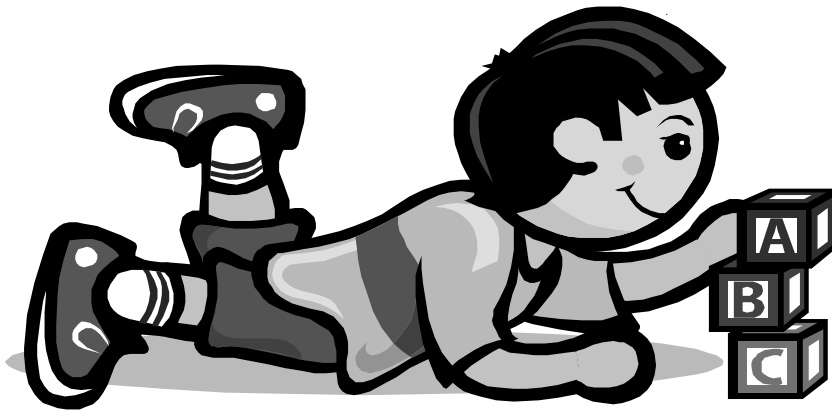
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For More Ideas:

www.familyeducation.com
www.surfnetkids.com
www.kidsource.com
www.sesamestreet.org
www.crayola.com
www.mamamedia.com
www.childfun.com
www.familyfun.go.com
www.nickjr.com

Helpful Books:

The Big Book of Happy: 500 Games and Activities for
Ages 2-6 ~ Michelle Kennedy, 2008

Amazing Kitchen Chemistry Projects You Can Build
Yourself
~ Cynthia Brown, 2008

*** Additional Activity Directions:**

Play dough: Mix one package of kool-aid (for color and scent), 1 1/2 cups Flour, 1/4 C Salt, 1 C boiling water, 1 1/2 T Oil and a 1/4 t Cream of Tartar. Knead until smooth and elastic. If necessary, add additional flour 1/8 C at a time. Store in refrigerator.

Cereal Treats: Melt 1/4 cup butter over low heat. Stir in 3 cups of miniature marshmallows. Keep stirring until marshmallows are completely melted. Remove from heat and stir in 6 cups of your favorite cereal. Press mixture evenly into a greased, 13 x 9 inch pan. Allow to cool. Then cut into squares and enjoy!

Volcano: Create a volcano by molding play dough around a small plastic cup. Be sure to leave the top open. In the cup mix 2 tablespoons of water and 1 tablespoon of baking soda. Add a few drops of red food coloring. When you are ready for the volcano to “erupt”, pour 2 tablespoons of vinegar (all at the same time) into the cup and watch what happens.