

# FEBRUARY 2009

## Parent Involvement Family Fun Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Go to a produce farm, pick your own fruits or vegetables	2 Create a family tree 	3 Take the kids to the library, get a new book	4 Help your kids make a grocery list and let them shop for the items	5 Make some Valentine "Krispy Treats" use red food coloring	6 FABULOUS FRIDAY- Sing the theme songs of TV shows	7 Take the kids to the park and walk the trail
8 Visit a petting zoo	9 Make Valentine cards for family and friends	10 Cuddle up and read (turn the TV off)	11 Ask the kids to select a RED fruit or vegetable for dinner	12 Bake some Valentine Cookies together	13 Play a board game with the kids 	14 Give lots of hugs and kisses today!!!
15 Take your child to an Art Museum	16 Look through some photo albums together	17 Discuss an interesting article from a new magazine	18 Ask the kids to help set the table	19 Fill soft tortillas with pastry, roll & sprinkle with powdered sugar	20 Sort out Laundry, by color, item or owner	21 Go outside and play "SIMON SAYS!!!"
22 Take a nature walk. Identify the different trees	23 Write a Soldier a letter and mail it	24 Take turns telling the story of a new book 	25 Eat dinner together, do dishes together	26 Try the "snack of the month" have the kids help in preparing it	27 Have a Spelling Bee Be creative	28 Go bike riding with the kids

### SNACK TIME Recipe of the Month

"Goodie Balls"

1/2 cup peanut butter  
1/2 cup honey  
1/2 cup instant cocoa  
1 cup chopped nuts  
1/2 cup sunflower Seeds  
1 cup toasted wheat Germ  
Dry coconut flakes

Mix first six ingredients.  
Roll into balls and roll in coconut.  
Keep refrigerated.

Children LOVE to spend time with their parents!!

Simple trips to the park are as good as a vacation from home

Children who eat dinner at the table with their families do better in school

Early Learning Coalition  
of Florida's Heartland, Inc.