

Calendar of Family Activities

Everyone can do small things every day that help children to have healthy, safe lives. The calendar below shows example activities you can do each day of the month. Be creative and find things to do to show a child how much you care.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Color a picture in the cookbook.
2 Read a book together.	3 Plan an easy meal together.	4 Cook a meal together.	5 Catch your child doing something good and tell them.	6 Talk about the good things that happened today.	7 Leave a love note in your child's lunch bag.	8 Pick a recipe from the Cookbook to make together.
9 Go to a playground or a park together.	10 Turn off the TV and read together.	11 Tell a child about something funny that happened to you when you were a child.	12 Talk about your favorite foods in the cookbook.	13 Make cookies together.	14 Color a picture in the cookbook.	15 Talk with a child about what to do in an emergency.
16 Make a recipe from the cookbook.	17 Read together.	18 Tell your child you love them.	19 Visit neighbors together, particularly if they have children.	20 Plan a meal from the cookbook together.	21 Watch a family movie together.	22 Read a book together.
23 Have a picnic in the yard or the park.	24 Choose something to count (trucks, dogs). Take a walk and keep track of how many you see.	25 Tell your child you love them.	26 Give your child a hug.	27 Prepare a grocery list and shop together.	28 Plan a meal and cook together.	29 Do a puzzle together.
30 Tell your child that you love them.	<p>Columbia County Commission on Children and Families www.co.columbia.or.us/home.asp 503.397.7211</p>					