

OCTOBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2		4 Taco Day Tacos are the perfect food! Easy to fill, easy to hold! Lets fill them up with some new stuff...sweet potatoes & onion; meatloaf; stir fried veggies; cucumber salad; fried egg; mac & cheese.....	5 Full Moon As a family, create meals today using orange, purple & green foods. If possible cut them into round or crescent shapes. Make full moon placemats with yellow paper.	6 We're off to see the.. Library! Plan the day at your local library. Checking out books is fun, but libraries have so much more. Have a scavenger hunt: look for sections; book titles; largest/smallest books; magazines.	7 You Matter To Me Day Since 2010 this day has been a time to tell someone why they matter to you. Tell your child exact details about why they are important, to you, to the family, in their school.
8 Card Making Fun Think cards can only be on paper? Not if you are a creative family! Together, make one from other interesting materials & send it to a loved one. Maybe a piece of cloth; a large leaf; leather....	9 Build a bridge today with your child. What will you use? Blocks? Books? Legos? Cards? Boxes? Shoes? Log toys? Pillows? Talk about what makes a bridge stay up, how much weight it may hold, what makes it fall down.	10 How have you faced your fears in life? Children face fears often, but may not communicate them in a way we can understand. Avoid brushing aside a child's fears because they may seem insignificant to you.	11 Stop Bullying Day Bullying can happen at any age for a child. And the same amount of attention on both victim and bully is necessary to change the behaviors. For detailed information try: stopbullying.gov	12 What do you think of when you hear, "Southern food"? There is a full history of how this style of cooking developed & how many places it came from. As a family how many will you try? Cornbread, grits, biscuits, greens..	13	14 Create music together by making your own instruments from household items. Gather empty & clean cans, cartons, boxes, bottles and bowls. Use spoons, spatulas, dusters, etc. to hear all the different sounds!
15 Handwashing is serious business. How have you taught your child to do this? Safe practice includes washing when you get home. With soap, always rub palms, backs of hands, between fingers, under fingernails.	16	17 Dictionary Challenge With family & friends, form teams. Using a dictionary, each team take turns, without looking, choosing a random page & point to a word. Challenge the other teams to spell and define the word.	18 TMI...? Too Much Information ! Many families face information overload, but struggle to manage it. Today, turn all electronics off for 1 hour. The more uncomfortable this is, the more it needs to be done.	19 Necktie Day Neckties are not just for dressing up. They can be art or silly too. As a family, choose items that express that! Use long socks, folded foil, flowers, paper towels, feathers, paper, rubberbands	20 Breadstick Fun! Do you like crunchy or soft? The simple breadstick can be a fun way to try new ideas. Dip in peanut butter or mustard. Sprinkle with seasonings. Put a fried egg on top or use in a casserole.	21 Midnight Prowl Have a family adventure tonight by going for a walk in the dark! Flashlights, hats, gloves, night goggles! Talk about what sounds different? Smells different? Looks different? Feels different?
22 Smart is cool ! So let your smarts show proudly. Notice something your child knows a lot about. How did they learn it? How have they used that knowledge? What can they teach you? Could they use it as an adult?	23 Have you had a family fire drill lately? First, ask kids to tell you or show you what they remember, then practice it. And have a surprise drill too! For more safety ideas: nfpa.org Click on Public Education tab	24 If your family celebrates Halloween, begin talking about safety rules. Include your child's ideas too. Who will they be with? What may they accept? How late will they stay up? How much candy will be eaten?	25 Pasta Day So many kinds! So much fun! Use pasta two ways today, eat it and create with it. With your child, choose fun shaped pastas. Cook one, then glue, string, stack, color, or paint the others!	26 Set 'um up, knock 'um down! As a family, go bowling today! Some bowling alleys even offer free bowling for kids. Don't want to go out? Bowl at home using empty plastic bottles and a child's ball. Decorate the bottles too	27	28 Make a Difference Day How do you contribute to your community? As a family, join or create a project that expresses what you are grateful for or where you see a need. For ideas go to: pointsoflight.org
29 Haunted Fridge Night Spooky things can grow in the fridge...turning into monsters! What a great time to avoid that danger by cleaning it out! Wipe it down, check all dates,, organize shelves by food temperature needs.	30 Book or Treats... With lots of sweets on this holiday, make a deal with your child. For each sweet they eat, spend some time reading & writing together.	31 Halloween 		*** Adapt these ideas and activities based on your child's age, ability, and your family style.		Pat Porto Family Resource Services Director EHS - H S Parent Mentor (209) 223-1485 ext 236 pporto@atcaa.org