

JANUARY 2012

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Ring in the New Year with a traditional dinner of cabbage (for wealth) and black-eyed peas (for health). Name ways you are wealthy and healthy!</p>  <p>1</p>	<p>Write a list of specific family resolutions, such as reading at least two books, playing for 20 minutes together or eating one meal together daily.</p> <p>2</p>	<p>Notice something your child does extremely well today and reward her.</p> <p>3</p>	<p>Celebrate National Spaghetti Day with easy crockpot spaghetti (MOPS.org/spaghetti)!</p> <p>4</p>	<p>Bird Day! Bundle up and go outside. How many birds can you see?</p>  <p>5</p>	 <p>6</p>	<p>Go ice-skating or pretend by carefully sliding on the kitchen floor in your socks.</p>  <p>7</p>
<p><i>"We worry about what a child will become tomorrow, yet we forget that he is someone today."</i> — Stacia Tauscher</p> <p>8</p>	<p>How long can you hold your breath? Stand on your head? Balance on one foot?</p> <p>9</p>	<p>Create a memory jar. Decorate the jar and add notes with the sweet or funny things your kids say and do!</p> <p>10</p>	<p>Paint with shaving cream or whipped cream in the bathtub.</p>  <p>11</p>	<p>Splurge today on a special coffee or treat.</p> <p>12</p>	<p>Wear various hats and costumes and pretend to be different characters.</p>  <p>13</p>	<p>Family Movie Night: Let older preschoolers sell tickets, take your stub and direct you to the viewing screen. Fill paper bags with popcorn and serve drinks.</p> <p>14</p>
<p>Create unique paintings using craft sticks, combs, feathers, q-tips and cotton balls instead of paint brushes.</p> <p>15</p>	<p>Martin Luther King, Jr. Day Sing "Jesus Loves the Little Children" and discuss that we are all God's children</p> <p>16</p>	<p> Celebrate National Book Month by reading your favorite childhood story books to your own children.</p> <p>17</p>	<p>Honor A.A. Milne's birthday with Winnie-the-Pooh Day. Read a Pooh tale, act out the characters and create your own Hundred Acre Wood using couch cushions.</p> <p>18</p>	<p><i>"There was never a child so lovely but his mother was glad to get him to sleep."</i> — Ralph Waldo Emerson</p> <p>19</p>	<p>Plan a special date night for you and your sweetie! Find inexpensive date ideas at MOPS.org/date.</p> <p>20</p>	<p>National Hugging Day! Hug your child! Trace your child's arms and hands on a large sheet of paper, decorate, fold and mail this unique hug to a special loved one.</p> <p>21</p>
<p> Cozy up by the fire and tell stories tonight as a family. Share hot chocolate with miniature marshmallows.</p> <p>22</p>	<p>Happy Chinese New Year! Visit a Chinese restaurant. Read fortune cookies, try using chopsticks and listen to Chinese music.</p> <p>23</p>	<p> Mothers of Preschoolers MOPS.org</p> <p>24</p>	<p>Opposite Day! Eat breakfast for dinner, sit in different seats and pretend to be the person whose chair you've taken for the night.</p> <p>25</p>	<p>Celebrate National Letter Writing Month: Help older preschoolers write a short letter to a loved one.</p> <p>26</p>	<p>National Chocolate Cake Day! Have your cake and eat it too.</p>  <p>27</p>	<p>National Kazoo Day: Play your favorites songs on the kazoo!</p> <p>28</p>
<p>Make homemade cookies with your children and share with them your favorite stories of baking as a child (MOPS.org/cookies).</p> <p>29</p>	<p> Decorate the kitchen and have a special breakfast surprise party for the kids.</p> <p>30</p>	<p><i>"What is a home without children? Quiet."</i> — Henny Youngman</p> <p>31</p>				