

	<i>Sun</i>	<i>Mon</i>	<i>Tues</i>	<i>Wed</i>	<i>Thurs</i>	<i>Fri</i>	<i>Sat</i>
	For more activities and tips for parents, visit our Web site at <a href="http://www.marylandpublicschools.org">www.marylandpublicschools.org</a> .					<b>1</b> There's no fooling around when it comes to your child's health and well being. Talk to your child about what you can do together to be healthier.	<b>2</b> Today is YMCA Healthy Kids Day. Spend time outdoors and discuss the changes in nature taking place as we move from winter into spring.
	<b>3</b> Today, clocks are set forward one hour for Daylight Savings. Let your child help set the clocks forward.	<b>4</b> This is National Math Awareness Month. Celebrate by ordering a pizza, and use the slices to teach your child about fractions.	<b>5</b> Did everyone in your family eat breakfast this morning? Use a measuring cup to measure the cereal portion size, then pour what you would normally eat. Compare.	<b>6</b> Learning about foods from around the world can be a fun family activity. Muesli is a healthy breakfast cereal invented by a Swiss doctor. Try it! You might like it!	<b>7</b> Celebrate National Youth Sports Safety Month. Be sure your child has her sports physical and check sporting equipment for safety. For more information, visit <a href="http://www.nyssf.org">www.nyssf.org</a> .	<b>8</b> Did you know that 44% of weekday meals are prepared in 30 minutes or less? Plan a weekly menu of meals. Have members of your family take turns helping to prepare.	<b>9</b> This month is National Garden Month. Plant a garden together. Learn about "annuals" and "perennials."
	<b>10</b> In honor of National Kite Month, take your child to a park and fly a kite with them.	<b>11</b> This is Young People's Poetry Week. Encourage your child to write a poem about a topic of interest, and read it aloud after dinner.	<b>12</b> Tell your child three things that you love about her. Ask her what she likes about herself.	<b>13</b> Today is <i>Kick Butts Day</i> . Encourage someone you know to stop smoking. Discuss the ill-effects of smoking and nicotine.	<b>14</b> Set a can outside on a rainy day or night. Make a prediction on the amount of rainfall. After the rain stops, take a ruler and measure the amount of rainfall.	<b>15</b> Physical activity is a family affair. Ask your child to plan a weekend of activities for everyone.	<b>16</b> Do chores around the house today while listening to music. Take a break and <i>dance to the music</i> .
	<b>17</b> This week is National Turn Off Your TV Week. Turn off and tune in to your child. Try a week of no TV.	<b>18</b> This is National Library Week. Make sure that everyone in your family has their own library card. Check out a favorite book.	<b>19</b> Become educated about media literacy and the influence the media has on decisions. Especially how media targets children and teens.	<b>20</b> Saffron is one of the most expensive spices in the world. Spain's most popular dish is made with saffron. Try or make something with saffron.	<b>21</b> Have you praised your child lately? Praising supports children in feeling confident, capable, and secure.	<b>22</b> Today is Earth Day. Talk about the importance of recycling. Make sure your family recycles whenever possible.	<b>23</b> Make a fun afternoon snack. Mix together chocolate chips, raisins, your favorite cereal, and pretzels. Be creative!
	<b>24</b> Visit the <i>Five A Day</i> Web site at <a href="http://www.5aday.com">www.5aday.com</a> . Let your child use the color guide to discover benefits of fruits and vegetables.	<b>25</b> Did you know that Holland is known for cheese? Edam and Gouda are two types of cheese. Try something new and include one of these cheeses on your next food shopping visit.	<b>26</b> Look through classified ads in the newspaper with your child. Which jobs seem interesting and why?	<b>27</b> As a family, learn proper etiquette. Visit the library for books on etiquette or surf the Internet.	<b>28</b> Teach your child how to stop the spread of germs by keeping clean and washing hands before meals.	<b>29</b> Walking is great exercise. Take an evening walk and enjoy the extended daylight.	<b>30</b> Take a trip to your local fire department. Create an emergency escape plan in the event of a fire.