

# Family Together Calendar

## February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
*February is National Children's Dental Health Month*				1 Play grocery store and "buy" items in your home.	2 Do something nice for someone in your family.	3 Make homemade vegetable soup (recipe on back).
4 How many hearts can you find in your home?	5 Use your imagination and make up a story to tell your child.	6 Go on a letter Aa scavenger hunt in your home.	7 Play dress up with your parents clothes.	8 Look for tracks in the snow. Try to identify who they belong to.	9 Make your name out of elbow macaroni and glue to a piece of paper.	10 Feed the birds.
11 Find 10 red items in your home and name them.	12 Eat a new fruit that you've never tried before.	13 Build a snowman. Use food coloring for his face.	14 Happy Valentine's Day! Give lots of hugs today!	15 Practice writing your name 5 times.	16 Bake cookies.	17 <i>Make your own dirt cake with cool whip, pudding, and crushed oreo cookies</i>
18 Show your child how to do a sit up. Can you do 10 together?	19 Find items in your house that are the shape of a circle and then count them.	20 Help sort and match socks.	21 Go for a walk and look for wildlife.	22 Pajama and Movie Day!!	23 Organize one area in your home.	24 Play with bubbles inside!
25 Use pots and pans to make music.	26 Put a strip of masking tape on the floor and take turns walking heel to toe.	27 Practice writing numbers 1-5.	28 Sing your favorite songs together.			



Although they last only a few years, baby teeth need just as much care and maintenance as adult teeth. Even though baby teeth are temporary, dentists stress that they need to be taken care of as diligently as permanent teeth!

## Homemade Vegetable Soup

### Ingredients:

- 1 tablespoon oil
- 1 small onion, chopped
- 1/2 cup sliced celery
- 3 (14.5 ounce) cans vegetable broth
- 1 (15 ounce) can diced potatoes
- 1 (14.5 ounce) can stewed tomatoes
- 1/2 teaspoon chopped fresh thyme
- salt and ground black pepper to taste
- 1 (16 ounce) package frozen mixed vegetables
- 1/2 cup instant rice

Heat oil in a heavy stockpot over medium heat; cook and stir onion and celery until tender, about 10 minutes. Add broth, potatoes, stewed tomatoes, thyme, salt, and pepper; bring to a boil. Mix vegetables and rice into broth mixture and simmer for 20 minutes.