Help your child to jump and land safely by grasping his or her hand while jumping from low steps, curbs or boxes. Practice landing on both feet and bending the knees.

**Super Kids**

Ask your child to act like:
- A tree swaying in the wind
- The sun rising
- A cat arching its back
- A kangaroo jumping
- A train chugging along a track
- A butterfly in the sky

**Lets See, I’ll Be...**

Belly button to nose:
- Clap your hands
- Wiggle your fingers
- Smile
- Put your feet together
- Put on music and do this together!

**Balancing Act**

1.) Lift one foot while holding on to a chair
2.) Next lift the other foot
3.) Now try it with no hands
4.) Don’t forget to switch legs

**Chase Me Chase Me**

Playfully chase your child safely in the house or playground and hug your child when you catch them.

**Body Part Follow the Leader**

Move your body parts as you repeat the words and encourage your child to:

- Bend one knee and an elbow
- Nod your head, look high and low
- Shake a leg
- Clap your hands
- Wave your arms
- Make circles with your hips
- Smile
- Put your feet together
- Pick up your legs

Put on music and do this together!

**Make Every Sip Count**

**Berry Slushy:**

Blend 2 cups of strawberries or raspberries and 4 cups ice cubes together.

**Watermelon Slushy:**

Blend 2 cups of watermelon and 2 cups ice cubes together.

**Tropical Slushy:**

Blend 1 cup of pineapple or apple juice, 1 cup of strawberries and 2 cups ice cubes together.
Winter Squash

Wash the skin and cut squash in half lengthwise or in 1-inch rings. Remove seeds and stringy fibers with a spoon. Save seeds for roasting later! Bake at 350 degrees. Line a baking dish with foil for easier clean up. Check for doneness after about 45 minutes. Larger squash may take longer to cook. Fork should pierce flesh easily. Season cooked squash with your favorite spices. For a “sweet” flavor, try cinnamon, nutmeg, or allspice. For a “savory” flavor, use garlic powder, onion powder, parsley or oregano.

Cranberry Oatmeal Balls

Ingredients
- 1 cup quick-cooking oats
- 1/3 cup almonds, chopped
- 1/3 cup reduced-fat peanut butter
- 1/3 cup dried cranberries
- 1/4 cup honey

Directions
- In a medium bowl combine all ingredients until well mixed.
- Form oat mixture into 18 balls about 1 inch wide.
- Place balls on a cookie sheet.
- Refrigerate for 30 minutes.

How To Cook

- Wash the skin and cut squash in half lengthwise or in 1-inch rings.
- Remove seeds and stringy fibers with a spoon. Save seeds for roasting later!
- Bake at 350 degrees. Line a baking dish with foil for easier clean up. Check for doneness after about 45 minutes. Larger squash may take longer to cook. Fork should pierce flesh easily.
- Season cooked squash with your favorite spices. For a “sweet” flavor, try cinnamon, nutmeg, or allspice. For a “savory” flavor, use garlic powder, onion powder, parsley or oregano.

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