

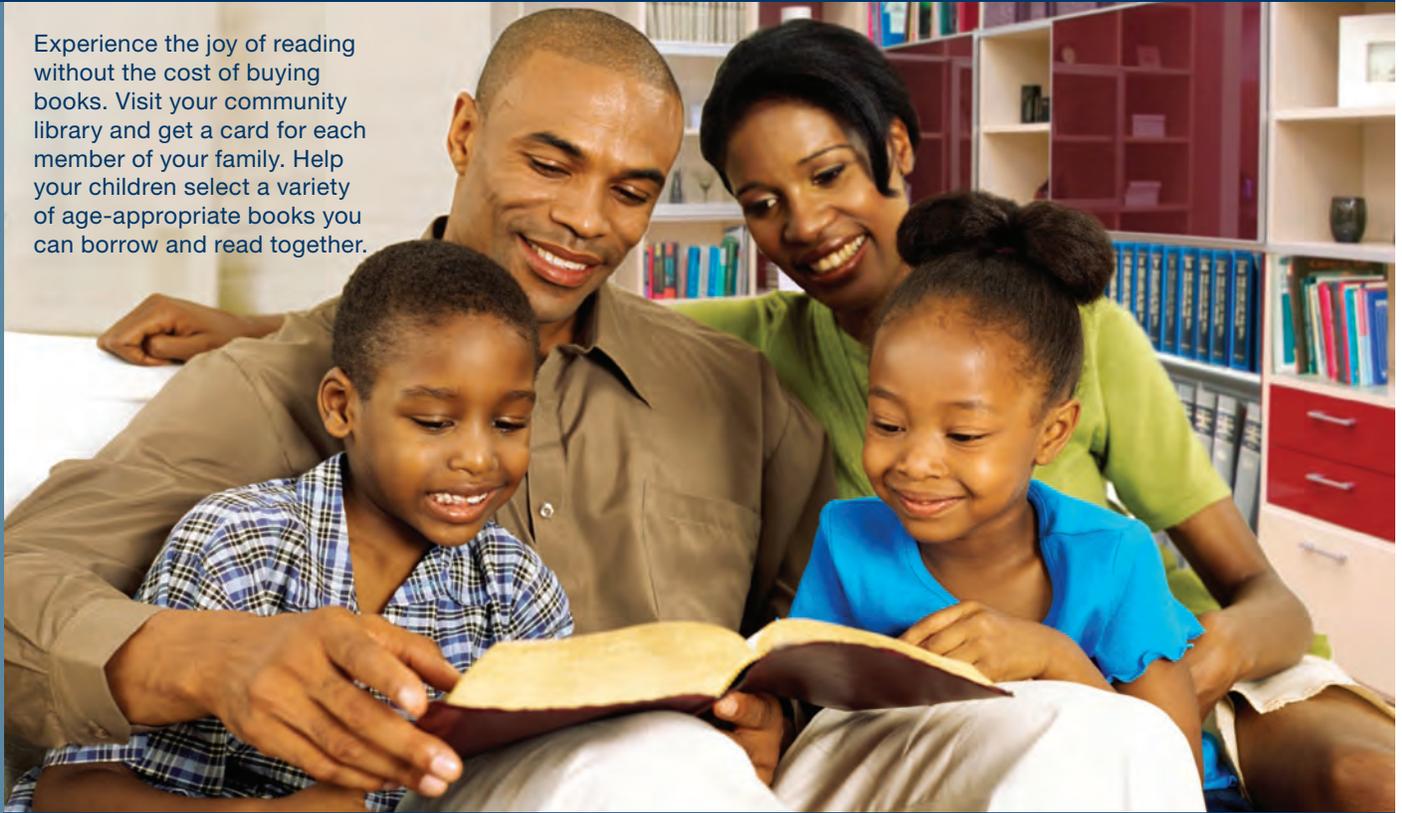
# January

National Book Month

Happy New Year

Take Time to Be a Dad Today

Experience the joy of reading without the cost of buying books. Visit your community library and get a card for each member of your family. Help your children select a variety of age-appropriate books you can borrow and read together.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					New Year's Day	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
	Martin Luther King Jr.'s Birthday					
24	25	26	27	28	29	30
31						

**Green Tip** – Gather your already read books and donate them to a local library, school, or shelter. The books will be enjoyed again, you will reinforce to your children the value of reading, and they will gain a better understanding of the importance of giving to others.



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# February

## Black History Month

Take Time to Be a Dad Today



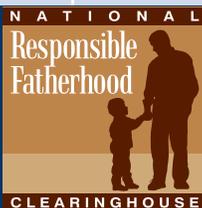
Watch a game on television with your children. Cheer for your favorite team and chat about the plays. Mute the commercials and use those minutes to talk about what's going on in your lives.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Groundhog Day				
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Valentine's Day	Presidents' Day					
21	22	23	24	25	26	27
28						

**Green Tip** – Turn off the water while you brush your teeth in the morning and before bedtime. You can save up to eight gallons of water a day.



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# March

National Nutrition Month

National Women's History Month

Take Time to Be a Dad Today

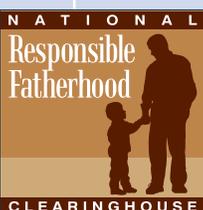
Take a virtual vacation with your children. Decide on a "destination" then borrow a library book that features facts and photos of your dream locale. Prepare a meal based on the native cuisine and enjoy it together while you watch a documentary about the country or a movie that takes place there. Let these fantasy voyages be your passport to lasting family memories.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Read Across America Day/ Dr. Seuss Birthday				
7	8	9	10	11	12	13
14	15	16	17	18	19	20
Daylight Saving Time Begins			St. Patrick's Day			First Day of Spring
21	22	23	24	25	26	27
28	29	30	31	<b>Green Tip</b> – Many electronic devices and appliances use power even when they're switched off or not in use. You can save money and energy by unplugging items when they aren't being used.		



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# April

Take Time to Be a Dad Today

Spring cleaning will be off to a great start if you first tackle that list of home improvement chores with your children. Little ones can find the hammer, wrench, or pliers in a toolbox while older kids can learn how to repair household items.



**Green Tip** – Earth-friendly cleaning products are widely available and are kinder to our air and water. Or you can make your own cleaning supplies with white vinegar, lemons, baking soda, and other basics you probably have in your kitchen already. Check online or at your local library for the step-by-step of cleaning green.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				April Fool's Day		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
				Tax Day		
18	19	20	21	22	23	24
				Earth Day		
25	26	27	28	29	30	



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# May

## Asian-Pacific American Heritage Month

Take Time to Be a Dad Today



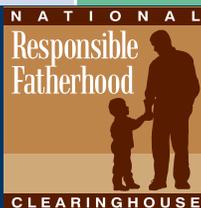
Cook for Mom this Mother's Day. If you live with your family, let Mom relax while you and the kids plan and prepare a meal you all can share. If you live apart from your family, bake cookies with your children the next time you are together and wrap up a package of goodies they can give to their mother.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
			Cinco De Mayo			
9	10	11	12	13	14	15
Mother's Day						
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
	Memorial Day					

**Green Tip** – Bike or walk to a park, trail, or other outdoor spot. Leaving the car at home will reduce carbon emissions and you will add exercise to your day without even trying.



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Take Time to Be a Dad Today



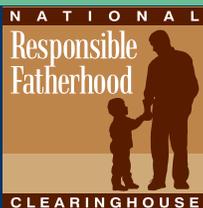
Schedule a Dads Day Out on Father's Day with a group of dads and their kids. Play games, share stories, and just appreciate the fun and joys that come with being a dad.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 World Environment Day
6	7	8	9	10	11	12
13	14 Flag Day	15	16	17	18	19
20	21 First Day of Summer	22	23	24	25	26
27 Father's Day	28	29	30			

**Green Tip** – For Father's Day, let your family know you would like to share a family activity rather than receive gifts. Instead of collecting another tie, take photos of yourself and your children enjoying your time together. Eliminating wrapping paper and taking digital photos generate less waste on dad's special day.



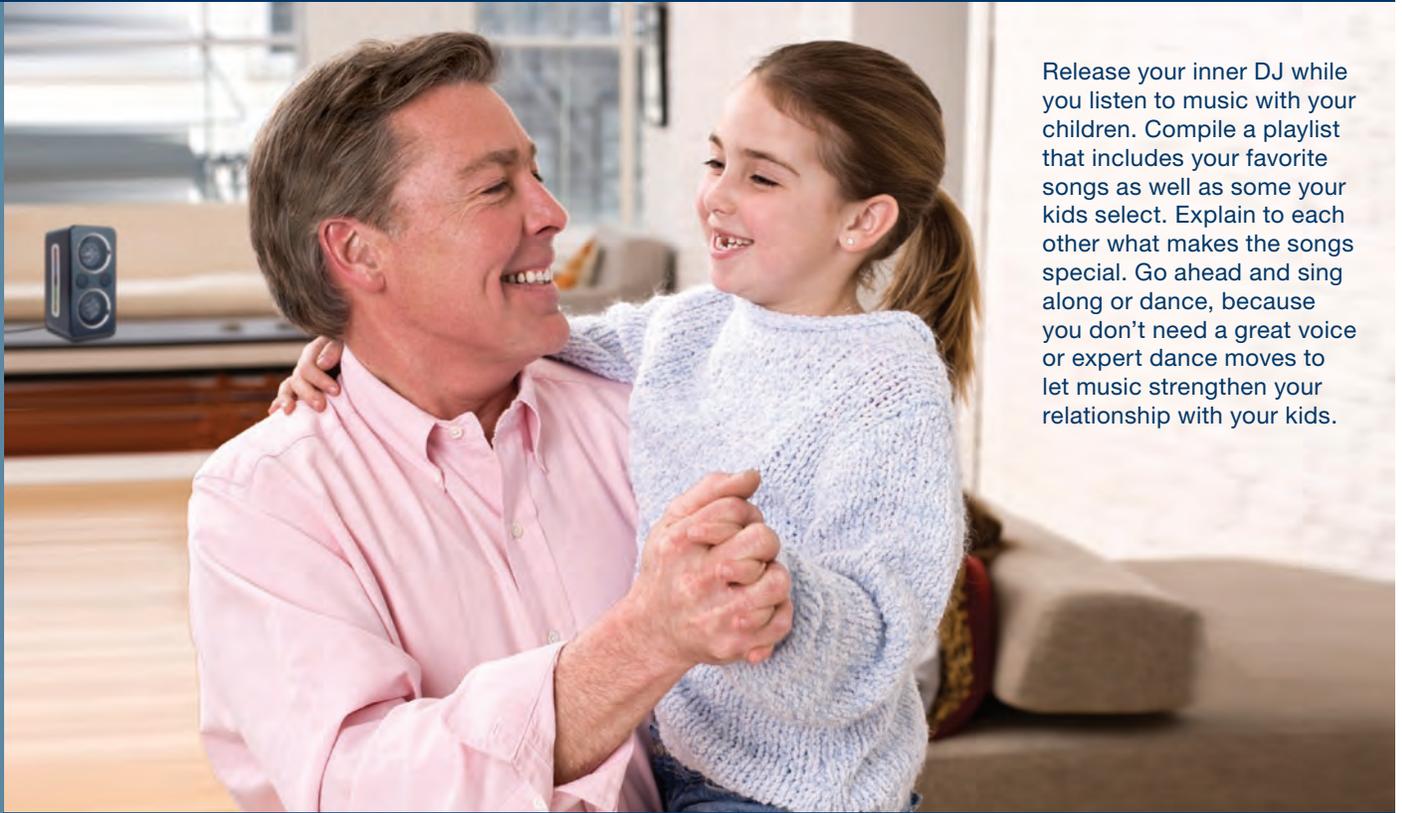
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# July

## Take Time to Be a Dad Today



Release your inner DJ while you listen to music with your children. Compile a playlist that includes your favorite songs as well as some your kids select. Explain to each other what makes the songs special. Go ahead and sing along or dance, because you don't need a great voice or expert dance moves to let music strengthen your relationship with your kids.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Green Tip</b> – Take a break from the summer heat with a craft project you and your children can work on together indoors or in the shade. Gather magazines, newspapers, fabrics, and other materials that are scheduled to be thrown away and turn them into attractive and useful items such as greeting cards you can send to family and friends.				1	2	3
4	5	6	7	8	9	10
Independence Day						
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
Parents' Day						



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# August

Take Time to Be a Dad Today

Catch a summer blockbuster at the cinema or watch a classic movie on TV. Make sure the film is age-appropriate for your children. Remember your favorite scenes and talk about them when the movie ends.

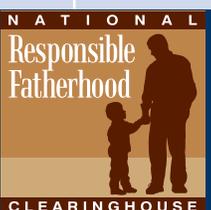


**Green Tip** – Visit a farmers market or farm where you can pick your own produce. Locally grown fruits and vegetables do not need to be shipped, which contributes to reducing carbon emissions. Before your trip, go online with your children to find out what is in season in your area and how you can use those items in putting together a fresh, healthy dinner menu.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



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# September

National Hispanic Heritage Month:  
September 15—October 15

Take Time to Be a Dad Today



Now that your children are back to school, schedule a family reading night or family math night to build on what they are covering in the classroom. Make it fun and relaxed, and help your children understand that adults can always learn something new too.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
	Labor Day					Patriot's Day
12	13	14	15	16	17	18
Grandparents' Day				Stepfamily Day		
19	20	21	22	23	24	25
				First Day of Autumn		
26	27	28	29	30		

**Green Tip** – Bring your own bag to the grocery store. You probably can pack more items per bag and many stores offer a discount for using your own bag. Repurpose old backpacks, handbags, and tote bags you already have at home.



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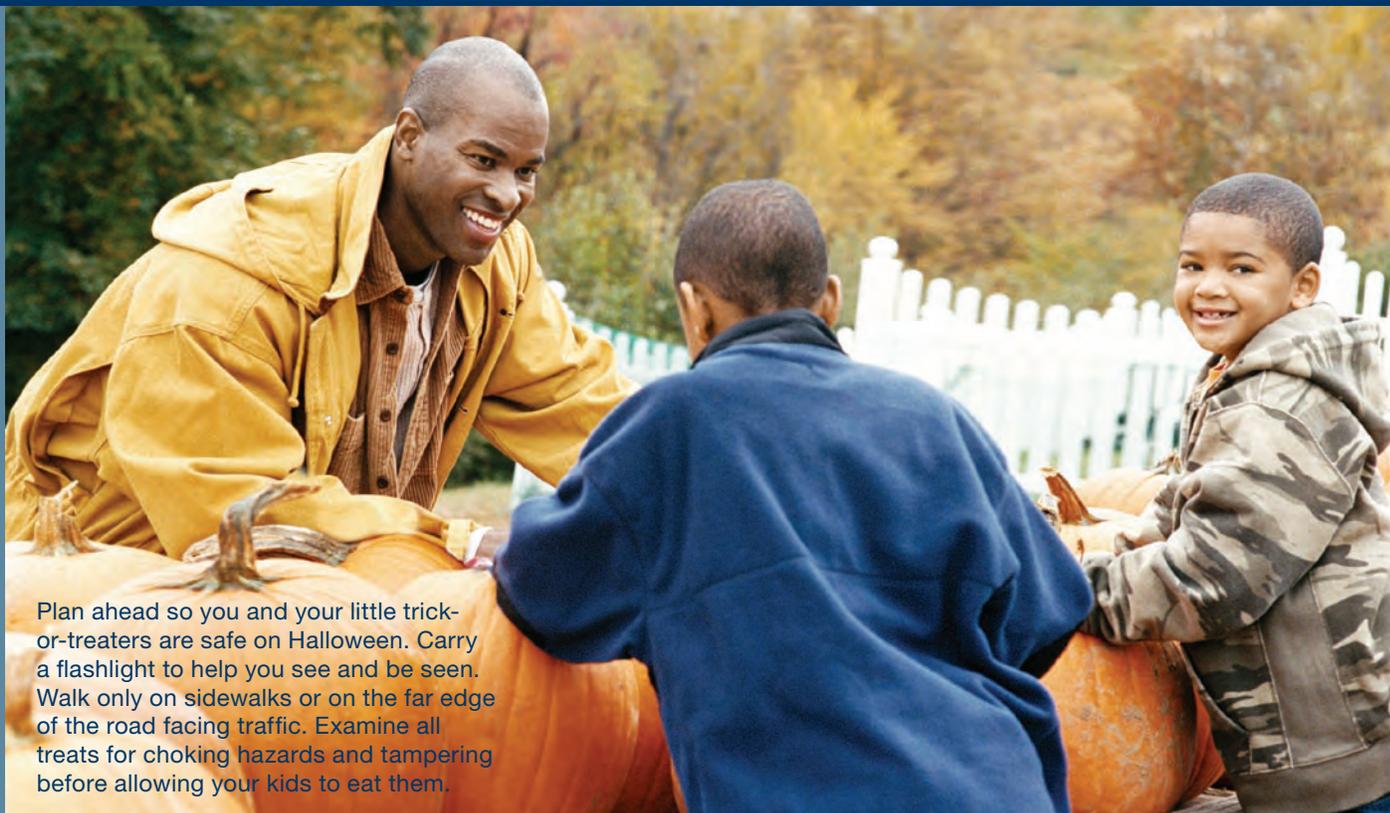


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# October

Breast Cancer Awareness Month  
Domestic Violence Awareness Month

Take Time to Be a Dad Today

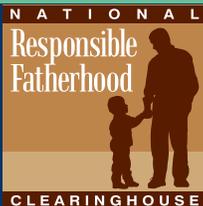


Plan ahead so you and your little trick-or-treaters are safe on Halloween. Carry a flashlight to help you see and be seen. Walk only on sidewalks or on the far edge of the road facing traffic. Examine all treats for choking hazards and tampering before allowing your kids to eat them.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11 Columbus Day	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31 Halloween		<p><b>Green Tip</b> – Instead of buying Halloween costumes, help your children create them using items you already have at home. Or ask a group of friends to join you in swapping (recycling!) costumes the kids wore for previous Hallows.</p>				



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# November

## National American Indian Heritage Month

Take Time to Be a Dad Today

Make Thanksgiving a true family affair when you involve your children in planning the menu and preparing the food. Older kids can cook their favorite dish, while younger ones can set the table or construct a centerpiece. Talk about what you are thankful for and what you respect most about each family member.



**Green Tip** – Buy compact fluorescent light (CFL) bulbs, which last about 5 years and use less energy. Switching just one standard bulb to a CFL can help you reduce your electricity bill by as much as 75 cents per month.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
		Election Day				
7	8	9	10	11	12	13
Daylight Saving Time Ends				Veterans' Day		
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				Thanksgiving		
28	29	30				



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# December

## Season's Greetings

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Bake a cake, cupcakes, or cookies with your children. Following directions and measuring ingredients help improve children's reading and math skills. What a sweet way for children to learn while spending time with you.

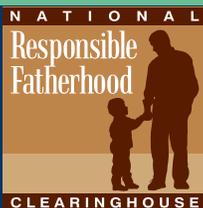


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
			AIDS Awareness Day			
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
		First Day of Winter				
26	27	28	29	30	31	

**Green Tip** – In 2008, Americans spent nearly \$11 billion on more than 8 billion gallons of bottled water, and then tossed more than 22 billion empty plastic bottles in the trash. Instead of buying bottled water, use a water filter on your tap and keep a pitcher of filtered water in your refrigerator to fill a reusable bottle.



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