

# Parent Provider Connections - February 2021

## STRAWBERRY KIWI PARFAIT

Greek yogurt, any flavor  
Strawberries, sliced and hulled  
Kiwis, peeled and diced  
Prepare fruit and in a clear cup, layer 1/8 cup of yogurt, 1/8 cup of strawberries, and 1/8 cup of kiwi. Repeat. Ask children to help where age-appropriate.

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## TRANSPORTATION IMAGINATION

Use your imagination to go anywhere in style. Lay on your back and pedal like you're on a bike, lay on your tummy with your arms out to fly through the sky, squat and jump up like a rocket, tip like a dump truck, and stand and spin like helicopter propellers.

## REDUCING SUGAR

Reducing sugar helps to combat obesity, and research shows lower sugar intake can increase brain function and lower risks for high blood pressure and bad cholesterol. The best way to reduce sugar is to plan ahead for both meals and snacks to avoid making a quick grab for prepackaged foods.

## SHAPE COPTERS

Children can glue these shapes on a piece of construction paper from left to right to create a helicopter: oval for the cockpit, rectangle for the helicopter tail, and triangle for the end. Criss cross two craft sticks at the top of the oval to make your propellers and draw two landing feet with a sharpie at the bottom. Add cotton balls across the top of the paper for clouds in the sky.



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Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday