

# APRIL 2016

# Everyday Healthy Living Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

AN ESTIMATED  
1 IN 4 CAR CRASHES  
INVOLVES CELL  
PHONE USE



Everyone can take steps to make communities more supportive of families!



Turn off your cell phone, or put it on silent, before driving

Dial "2-1-1" to find out about organizations that support families in your area

Take time at the end of each day to connect and listen to your children



Set special ring tones for important calls, and pull off the road to take them

PARTICIPATE IN AN ACTIVITY AT YOUR LOCAL LIBRARY

Change your voicemail greeting to tell people that you may be driving and you'll call them back when you can do so safely

World Health Day Install an app on your phone that disables it while your vehicle is in motion

FIND ACTIVITIES YOU ENJOY AND DO THEM AS A FAMILY

Work with the kids in your life to explore their heritage and learn their family's story

Take quiet time to reenergize: Take a bath, write, sing, laugh, or play

Support your children's participation in sports by helping them practice



Look for opportunities to volunteer at your child's school

DO SOME PHYSICAL EXERCISE: Walk, stretch, lift weights, dance

Tell co-workers, family and friends not to call / text when they know you're driving

Make sure your children know that they can talk to you about anything that bothers them

Subscribe to a magazine, website, or newsletter about child development



Surround yourself with people who support you and make you feel good about yourself



Join a playgroup or support group of parents with children of similar age

TAKE THE DISTRACTED DRIVING PLEDGE TODAY

Pre-set your navigation system and music playlists before driving



Take a parenting class at a local Head Start

Toss your cell phone in the trunk or glove box to avoid distraction

Take a family walk after dinner instead of turning on the TV

Plan and cook meals at home together. Involve children in choosing menu items

PLANT A FAMILY GARDEN including a new veggie or fruit to try



Provide regular routines, especially for young children

Drowsy driving is distracted driving, so never drive when you're too tired and focus

Start a playgroup, consider inviting people who may not have children at home, such as local seniors

Find ways to engage your children while completing everyday tasks



Set family challenges and celebrate when you reach your goal