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# 2023 February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 <b>play</b> Play hide and seek.	3	4
5	6 <b>Talk</b> Talk about what makes you happy.	7	8 <b>Read</b> Read a poem.	9	10 <b>Count</b> Count in even numbers as high as you can.	11
12	13 <b>Log-Off</b> Bake cookies for a friend!	14 Valentine's Day	15	16 <b>Read</b> Read a book or article about why brushing your teeth is important.	17	18
19 <b>Log-Off</b> Visit <a href="http://mychildisready.com">mychildisready.com</a> and take the quiz.	20 Presidents' Day	21 <b>Talk</b> Talk about including others.	22	23	24 <b>play</b> Conduct a science experiment.	25
26	27	28 <b>Count</b> Count how many words are visible in your room.	<b>FEBRUARY HEALTH TIP:</b>  <b>Proper tooth brushing is important to oral health.</b> When choosing the right toothpaste for your kids, remember, for children 0–18 months of age – use only water, no toothpaste. From 18 months until the child turns six years old – use a small pea-sized amount of low fluoride children's toothpaste (check on the packaging). From six years of age and older– use a pea-sized amount of standard fluoride toothpaste.			