






May 2020



Mon	Tue	Wed	Thu	Fri	Sat
4  Wash your toy cars (action figures, plastic animals etc.) in soapy water, rinse in another bowl then dry with a towel	5 Miss Pam reads The Very Hungry Caterpillar 10:00 a.m. Facebook post	6 Nutrition Tidbits <u>Tips for Ordering Takeout or Delivery</u>	8 <u>Child Mental Health Awareness Day</u>	8 Parent Pause <u>Some short relaxation exercises just for you!</u>	8 Fatherhood Connection with Reggie Cox Call (585)353-5125
11  <u>ABCs of Moving You</u>	12 EASY!  <u>Cosmic Suncatcher</u>	13 Nutrition Tidbits 3 Ingredient Smoothie: 1 cup fruit yogurt, 1 cup milk, half banana smashed Blend or shake in a cup with lid until mixed.	14 Make dot-to dot outlines of your children's name then have them connect the dots (Booksbythebushel.com)	15 Parent Pause <i>Take a break from watching, reading, or listening to news.</i>	16 Fatherhood Connection with Reggie Cox Call (585)353-5125
18 Drop everything 	19 FAMILY PORTRAIT DAY Take a picture of your family together today	20 Miss Pam reads Brown Bear, Brown Bear, What Do You See? 10:00 a.m. Facebook	21 Baby Day Read a book to a baby	22 Parent Pause <i>Taking care of yourself makes you stronger for everyone, in your life..... including you. ~Kelly Rudolph~</i>	23 Fatherhood Connection with Reggie Cox Call (585)353-5125
25 	26 "What day is it?" asked Pooh. "It is today," squeaked Piglet. "My favorite day," said Pooh AA Milne	27 <u>Golden, Juicy Chicken Breast on the Stove</u>	28 April Showers brought May flowers! Draw a picture that goes with this rhyme	29 Parent Pause <u>This too shall pass... Let it go...Breathing in, breathing out...</u>	30 Fatherhood Connection with Reggie Cox Call (585)353-5125

For information on services or basic needs click [here](#)

Fatherhood Connection...where men find purpose and identity. This is a "Zoom" men's group discussing parenting, anger management, communication, healthy relationships, blended families, and more! To join the Zoom Fatherhood Connection group call (585)353-5125.

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