

Inspire January Joy!

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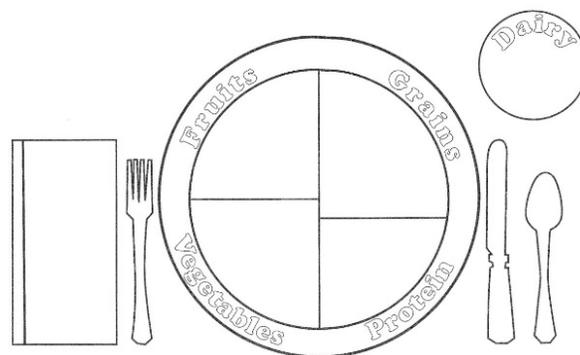


January is a fresh start with a new calendar year! How can you shift your focus to find happiness in your day? How can you inspire joy in those around you this month? What little things can help bring cheer and delight to you, your children and family? Take moments of time to share joy with your family.

- * Even though it might be cold, think of how fun a sledding party would be.
- * See who can create the best snow fort.
- * Work in teams to create a snow sculpture (whale, snowman, pet).

When January weather keeps your family inside, take the opportunity to teach basic cooking or food preparation skills. Here is an easy way to teach your child the skill of setting the table.

- “Fork” has four letters and so does the word “left.” Because they both have four letters, you can remember to place the fork on the left side of the plate. The napkin can be placed by the fork.
- Knife and spoon both have five letters, as does the word right. Therefore, the knife and spoon go to the right side of the plate. Your glass will go above the knife and spoon on the right side.
- While you are enjoying your meal, discuss joyful things that have happened to your family. What are things your family enjoys doing together (family game night, roller skating, helping a neighbor by scooping snow)? Think of words that start with “j” that bring your family joy.



For more information check out Food Fun for Young Children at:

<https://go.unl.edu/food-fun>. This newsletter has been peer-reviewed. It was updated in 2025.