



Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
6 Micro-Cations with the Family: Short Trips, Big Rewards	7	8	9	10
13 Simple, Low-Mess Kids' Activities for 30 Minutes of Peace	14	15	16	17
20 Effective Ways to Balance Work, Parenting, and Self-Care	21	22	23	24
27 Simple Ways to Help Picky Eaters Branch Out	28	29	30 June 2026 articles distributed to email clients	1



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27	28	29	30	1
4 Swap the Electronics for These Educational & STEM Toys	5	6	7	8
11 The Complete Guide to DIY Mini Terrariums	12	13	14	15
18 Guide to Age-Appropriate Chores to Foster Independence	19	20	21	22
25 Simple Recipes Kids Can Pack for a Picnic & Enjoy Outdoors	26	27	28	29 July 2026 articles distributed to email clients



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1 8 Summer Activities for Low-Cost Family Fun	2	3	4	5
8 Sun-Activated Art: Crafts That Change in the Light	9	10	11	12
15 Modeling Healthy Social Media Habits for Your Kids	16	17	18	19
22 Snack Hack Lab: Healthy, Hands-On Treats Kids Can Customize	23	24	25	26
29 How the 4 Main Parenting Styles Affect Children and Adults	30 August 2026 articles distributed to email clients	1	2	3