

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>1</b> Give your baby a massage. Use lotion and rub his arms and legs and back. Name the body parts as you rub them. Make up a little song.	<b>2</b> Set up a mirror for your baby to see herself while she plays on the floor. Watch her responses to her image.	<b>3</b> Spin a top, or wind a wind-up toy. When it stops wait for your baby to gesture or indicate for more. Say "go?" and then repeat.	<b>4</b> Count your child's fingers and then toes. At the end, tickle or blow raspberries on their palms or bottoms of feet.	<b>5</b> Play a clapping game with your baby. Sing or just say "clap, clap, clap!" with two blocks. See if he will hit them together also.	<b>6</b> Make a puppet, stuffed animal or even a sock talk or sing to your baby. This is especially handy if you are waiting somewhere.
<b>7</b> Time to get the stroller out and go for a walk! Talk about the weather, what you see, what you hear and what you smell.	<b>8</b> At bath time, use a sponge, cup or a squirt toy and drop water on different body parts. Name the body parts as you do.	<b>9</b> Help your baby to squeeze their hands when holding squeeze toys, sponges, squeak toys, foam balls, etc.	<b>10</b> Mix water and soap in the sink with a whisk. Make lots of suds and have your baby explore, grabbing and popping.	<b>11</b> Play on a blanket in the grass. Explore things with different textures and describe how they feel. (rock, twig, branch, leaf, etc.)	<b>12</b> Stack objects for your baby and encourage her to knock them down.	<b>13</b> Blow bubbles and encourage your baby to reach for them.
<b>14</b> Attend a story time at your local library.	<b>15</b> Give your baby wooden spoons and plastic containers. Show him how to bang objects together to make noise.	<b>16</b> Put a sock on one of your baby's hands and encourage her to remove it. Try the other side too!	<b>17</b> 	<b>18</b> Put a toy in a container. Show your baby the item and then dump it out. Repeat. Say "in" and "out."	<b>19</b> Stack some blocks or small boxes, then roll a ball and knock them over. Then let your baby try!	<b>20</b> Read! Read! Read with your baby!
<b>21</b> Talk! Talk! Talk with your baby!	<b>22</b> If your baby is ready, try a new food today.	<b>23</b> Go to a park and slide down a slide together. Hold on tight...wheee!	<b>24</b> Sing and dance with your baby.	<b>25</b> When your baby makes sounds, try to repeat them back. This is important in building the foundation of communication.	<b>26</b> Call grandma, grandpa or another family member. Let your baby listen and "talk" on the phone with them.	<b>27</b> Encourage your baby (6 months+) to try drinking from a regular cup. The earlier the better!
<b>28</b> Play some music, and sing along. Clap or click your tongue to the beat. See if your baby will copy.	<b>29</b> Sing to your child when washing their face and hands or when bathing. "This is the way we wash our hands..."	<b>30</b> Take a walk outside and point out all the things that you see. Explore your neighborhood or yard.				



## Blueberry Baby Puree

1 cup blueberries (fresh or frozen)

½ cup filtered water

Directions  
Add water to a pan and bring to boil.

Add blueberries and reduce heat. Simmer for 15 minutes or until blueberries are soft and tender (frozen blueberries may take longer to cook).

Remove blueberries from pan using a slotted spoon and transfer to the blender. Set aside cooking liquid.

Puree to your baby's favorite consistency, adding the cooking liquid you set aside to thin out if needed.

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