

Learn Through Play 2019

April—Toddler



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Place a broom on the floor and encourage your child to step or jump over the handle as well as the bristles.	2 Practice hand washing with your child before and after meals, after diaper changes or using the toilet, wiping her nose, etc.	3 Make faces in a mirror together with your child. Talk about emotions while you make a happy face, sad face, angry face, silly face, etc.	4 When playing with a doll or an animal ask your child to make the doll jump, sit, lie down, eat, drink, etc. This will expand your child's vocabulary.	5 Play hide and seek with your child's favorite stuffed animal. Have your child hide the toy so you can find it, then switch.	6 Play a listening game in the kitchen. Turn on a timer, blender, or clink some glasses or pots. Ask your child, "What is that sound?"
7 Take a walk outside. Talk about what you and your child see, feel, smell, etc.	8 You and your child can pretend to be bunnies. Help him to hop with both feet and say, "Hop, hop, hop!" as you bounce.	9 Have a circle day! Cut out a circle and help your child find circles throughout the house or outside.	10 When dressing your child, give her choices. "Would you like to wear the red shirt or the blue shirt? The white or the gray socks?"	11 With your child, pretend to be different animals: dogs, cats, frogs, ducks, etc. Mimic the animal movements and sounds with your child.	12 Sing "Old McDonald" with animal toys or pictures. When singing the animal sounds, show the corresponding animal.	13 Place your child's hand on a piece of paper and trace around it with a crayon or pencil. Let them trace around your hand also. Try feet too!
14 Sing the alphabet song together and emphasize the first letter of your child's name. Point out the letter whenever you see it, too!	15 Make a road with masking tape. Use books/ blocks for ramps and bridges, and boxes for stores and houses. Have fun "driving" toy cars with your child.	16 Have a yellow day! Wear yellow clothes and serve foods that are yellow. Color a piece of paper yellow and then match it to things to it that are yellow.	17 	18 Feed the birds! Break up some old bread into crumbs with your child and sprinkle it with some birdseed on a window sill, or table outside. Watch for birds!	19 Make loud and soft sounds together. Try clapping, stomping, shaking a musical instrument or blowing a whistle, both loudly and softly.	20 Go on a counting walk with your child. Count different items that you see. "One window, two birds, three flowers," etc.
21 Sing a finger play like "Where is Thumbkin?" or "The Itsy-Bitsy Spider" with your child.	22 Count the stairs out loud as you and your child walk up or down.	23 Give your child directions in your daily routine. "Can you put this toy in the box?" "Bring the book to me," etc.	24 Set a box or basket on its side and roll a ball into it. Or make a stack of blocks and then roll the ball to knock them over.	25 Read! Read! Read together!	26 Tape shapes to the floor, like a circle, square or triangle. Then have your child jump onto a shape. Talk about which one they are on.	27 Read a book with your child under a blanket with a flashlight. Have him hold the light steady while you read.
28 Play a game of "Simon Says." Have your child copy your actions (jump, clap, twirl, stomp, etc.)	29 Have a picnic outside (or inside). Name all the items for your picnic while your child puts them inside the basket.	30 Talk! Talk! Talk together!				
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Blueberry Smoothie

1 ½ cups frozen unsweetened blueberries

½ cup frozen unsweetened pineapple chunks

1 cup pineapple juice

¾ cup lemon yogurt

Directions: Place blueberries and pineapple chunks in the bottom of a blender or food processor fitted with a metal blade.

Pour juice over frozen fruit. Add lemon yogurt.

Puree until smooth, stopping to push fruit into the blades of the blender, if necessary.

Pour into glasses and enjoy!