



# Learn Through Play 2019

# April—Toddler

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>1</b> Place a broom on the floor and encourage your child to step or jump over the handle as well as the bristles.	<b>2</b> Practice hand washing with your child before and after meals, after diaper changes or using the toilet, wiping her nose, etc.	<b>3</b> 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.	<b>4</b> 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.	<b>5</b> Play hide and seek with your child's favorite stuffed animal. Have your child hide the toy so you can find it, then switch.	<b>6</b> 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?"
<b>7</b> Take a walk outside. Talk about what you and your child see, feel, smell, etc.	<b>8</b> You and your child can pretend to be bunnies. Help him to hop with both feet and say, "Hop, hop, hop!" as you bounce.	<b>9</b> Have a circle day! Cut out a circle and help your child find circles throughout the house or outside.	<b>10</b> 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?"	<b>11</b> With your child, pretend to be different animals: dogs, cats, frogs, ducks, etc. Mimic the animal movements and sounds with your child.	<b>12</b> Sing "Old McDonald" with animal toys or pictures. When singing the animal sounds, show the corresponding animal.	<b>13</b> 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!
<b>14</b> Sing the alphabet song together and emphasize the first letter of your child's name. Point out the letter whenever you see it, too!	<b>15</b> 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.	<b>16</b> 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.	<b>17</b> 	<b>18</b> 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!	<b>19</b> Make loud and soft sounds together. Try clapping, stomping, shaking a musical instrument or blowing a whistle, both loudly and softly.	<b>20</b> Go on a counting walk with your child. Count different items that you see. "One window, two birds, three flowers," etc.
<b>21</b> Sing a finger play like "Where is Thumbkin?" or "The Itsy-Bitsy Spider" with your child.	<b>22</b> Count the stairs out loud as you and your child walk up or down.	<b>23</b> Give your child directions in your daily routine. "Can you put this toy in the box?" "Bring the book to me," etc.	<b>24</b> 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.	<b>25</b> Read! Read! Read together!	<b>26</b> 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.	<b>27</b> Read a book with your child under a blanket with a flashlight. Have him hold the light steady while you read.
<b>28</b> Play a game of "Simon Says." Have your child copy your actions (jump, clap, twirl, stomp, etc.)	<b>29</b> Have a picnic outside (or inside). Name all the items for your picnic while your child puts them inside the basket.	<b>30</b> Talk! Talk! Talk together!				
<p><b>Connect With 4C Resources Online</b></p> <p><b>Parenting E-newsletter:</b> Sign up for our monthly e-news full of parenting tips! Visit <a href="http://www.4cforchildren.org/parentsources">www.4cforchildren.org/parentsources</a>.</p> <p><b>Social media:</b> Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p> 						



## 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!