


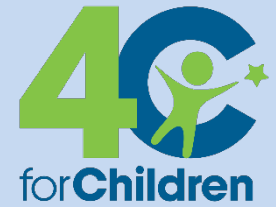


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Connect With 4C Resources Online</p> <p>Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit 4cforchildren.org/families.</p> <p>Social media: Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p> 						<p>1 Roll a ball or a toy car to your child in lying or sitting position. See if she will reach out to grab it or roll it back to you.</p>
<p>2 Experiment with new sounds and see if your child will copy you (try clicking with your tongue, smacking your lips, gurgling, etc.)</p>	<p>3 Sit your child on your lap or in her highchair. Put some floatable toys in a pan of water and show how to bob them up and down.</p>	<p>4 Do the activity of the month today! See instructions to the right.</p>	<p>5 Help your child grab for different objects and allow him to explore each. Say, "Look at the _____. Get it!" When he does, say, "Yeah!"</p>	<p>6 Try to encourage your child to stretch. Lay her on her tummy, then put something out of her reach, so she will try to reach for it.</p>	<p>7</p> 	<p>8 Go to a park and slide down a slide together. Hold on tight...wheee!</p>
<p>9 Take a walk outside and point out all the things that you see. Explore your neighborhood or yard.</p>	<p>10 Read with your child for 15 minutes today. Go to the library and check out books about shapes.</p>	<p>11 Blow bubbles outside. Talk with your child about the bubbles. Let him reach out to pop them.</p>	<p>12 Put a sock on one of your child's hands and encourage her to remove. Try the other side also.</p>	<p>13 Place a toy or ball underneath a cup and see if your child can find it. Ask, "Where is the ball?"</p>	<p>14 Walk outside today, explore grass, sit and let your child feel and pull with her hands.</p>	<p>15 Sing and do the motions to "I'm a Little Teapot."</p>
<p>16</p> 	<p>17 Sing "Pop goes the Weasel." When you sing the word "pop" add an action like a clap or a jump.</p>	<p>18 Hold a ribbon or paper streamer in front of a fan. Watch and describe how it moves with the wind.</p>	<p>19 Read with your child for 15 minutes today. Go to the library and check out books about animals.</p>	<p>20 Place blocks in a container, one by one, and then dump them out. Dump and fill! Your child will do this over and over.</p>	<p>21 Stack toilet tissue rolls and then push them or kick them over together. Repeat.</p>	<p>22 Turn the music on and dance! Hold your child's arm and move to the music, dip them, twirl them, bounce. Enjoy!</p>
<p>23 When it is time to for a meal, say "It's time to eat!" as you position your child for feeding. Try to say it each time.</p>	<p>24 Read with your child for 15 minutes today. Go to the library and check out books about colors.</p>	<p>25 Make sounds like "ba-ba" or "da-da" and see if your child will copy. Sing these sounds to the tune of "Row, Row, Row Your Boat."</p>	<p>26 Talk, smile, laugh, and enjoy your child. She is so special!</p>	<p>27 Sing "Pat-a-Cake" to your child. Use her name in the song.</p>	<p>28 Fill an empty water bottle with rice or pasta, then secure the top with glue. Your child will enjoy shaking the bottle and listening to the noise.</p>	<p>29 How many books did you read with your child this month?</p>
<p>30 Repeat your favorite activity of the month.</p>						



Edible Baby Paint

Materials:

- Baby Rice Cereal
- Water
- Food Coloring
- Paintable Surface

Combine the rice cereal and water until it reaches a paint-like consistency. Add food coloring until you get your desired colors.

Put down a paintable surface such as a sheet or a drop cloth and let your baby paint!