

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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://4cforchildren.org/families">4cforchildren.org/families</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> 						<p><b>1</b> 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><b>2</b> Experiment with new sounds and see if your child will copy you (try clicking with your tongue, smacking your lips, gurgling, etc.)</p>	<p><b>3</b> 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><b>4</b> Do the activity of the month today! See instructions to the right.</p>	<p><b>5</b> 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><b>6</b> 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><b>7</b></p> 	<p><b>8</b> Go to a park and slide down a slide together. Hold on tight...wheee!</p>
<p><b>9</b> Take a walk outside and point out all the things that you see. Explore your neighborhood or yard.</p>	<p><b>10</b> Read with your child for 15 minutes today. Go to the library and check out books about shapes.</p>	<p><b>11</b> Blow bubbles outside. Talk with your child about the bubbles. Let him reach out to pop them.</p>	<p><b>12</b> Put a sock on one of your child's hands and encourage her to remove. Try the other side also.</p>	<p><b>13</b> Place a toy or ball underneath a cup and see if your child can find it. Ask, "Where is the ball?"</p>	<p><b>14</b> Walk outside today, explore grass, sit and let your child feel and pull with her hands.</p>	<p><b>15</b> Sing and do the motions to "I'm a Little Teapot."</p>
<p><b>16</b></p> 	<p><b>17</b> Sing "Pop goes the Weasel." When you sing the word "pop" add an action like a clap or a jump.</p>	<p><b>18</b> Hold a ribbon or paper streamer in front of a fan. Watch and describe how it moves with the wind.</p>	<p><b>19</b> Read with your child for 15 minutes today. Go to the library and check out books about animals.</p>	<p><b>20</b> 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><b>21</b> Stack toilet tissue rolls and then push them or kick them over together. Repeat.</p>	<p><b>22</b> Turn the music on and dance! Hold your child's arm and move to the music, dip them, twirl them, bounce. Enjoy!</p>
<p><b>23</b> 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><b>24</b> Read with your child for 15 minutes today. Go to the library and check out books about colors.</p>	<p><b>25</b> 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><b>26</b> Talk, smile, laugh, and enjoy your child. She is so special!</p>	<p><b>27</b> Sing "Pat-a-Cake" to your child. Use her name in the song.</p>	<p><b>28</b> 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><b>29</b> How many books did you read with your child this month?</p>
<p><b>30</b> 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!