

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>1</b> Talk about opposites today, such as big and small, soft and hard.	<b>2</b> Use sidewalk chalk to make a masterpiece. Be sure your child "signs" their name.	<b>3</b> Look at a picture of an American flag today. Count the stripes and name all the colors.	<b>4</b> 	<b>5</b> Eat blueberries today. Talk about their size, shape, color and flavor.	<b>6</b> Make lemonade with your child.
<b>7</b> Give your child a bucket of water and a sponge and let him play outside.	<b>8</b> Blow bubbles with your child. Show her how to move her hand so the wind catches the bubbles.	<b>9</b> Attend story time at your local library.	<b>10</b> Go for a walk, and ask your child "Which way should we go?" "How far?" "Now what?" etc. Let him take the lead.	<b>11</b> Gather five or six items and place them in a line on the floor. Then ask your child "Where is the ___?"	<b>12</b> Look at a book together and say, "I see a _____. Do you see the ___?" When they point to it, then say, "There it is. You found it!"	<b>13</b> Color a sidewalk with sidewalk chalk. Then squirt it with a water gun and watch it transform!
<b>14</b> 	<b>15</b> Find time to laugh and move with your family. You can go for a swim, walk, or hike.	<b>16</b> Play hide and seek with your child.	<b>17</b> You and your child can pretend to be butterflies flying around the yard from flower to flower.	<b>18</b> Read with your child for 15 minutes today.	<b>19</b> Call out different colors for your toddler to find. You can do this in the car as you drive, while taking a walk, or waiting in line.	<b>20</b> Watch the sunset. Ask your child to describe it. Write as she talks and then read the story.
<b>21</b> Hide a familiar object under the covers. Have your child pat it and guess what it is.	<b>22</b> Allow your child to help you sweep the floor with his own broom.	<b>23</b> Sing "The Itsy Bitsy Spider" and do the hand motions with your child.	<b>24</b> When walking, play "Stop and go." Practice starting and stopping. Pretend to be cars while you walk or run. Talk about slow and fast.	<b>25</b> When sitting at the table, give your child a straw and have her blow cotton balls or other straws across the table.	<b>26</b> Make a sandwich for lunch together. Talk about the steps. Give your child a dull or plastic knife for spreading condiments.	<b>27</b> Draw different shapes on the sidewalk using chalk. Practice walking inside, outside, and around the shape.
<b>28</b> Have a "square" day. Cut out colored squares and glue them down. Find squares in your house or have a square snack (cheese cubes, crackers).	<b>29</b> After washing the silverware have your child place the forks and spoons etc, in their corresponding place in the tray or drawer.	<b>30</b> When washing your child create lots of bubbles when lathering her hands. Sing the alphabet song while you lather, so she gets in the habit of scrubbing.	<b>31</b> Repeat your favorite activity of the month.			
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## Waffle Dippers

### Ingredients

- 1 frozen waffle, toasted
- ½ cup flavored yogurt
- ¼ cup diced fruit or berries

### Directions

1. Cut toasted waffle into 1-inch strips.
2. Dip into yogurt.
3. Serve with fruit.