

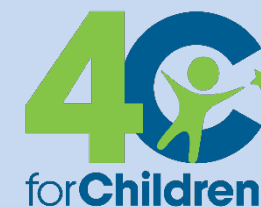


Learn Through Play 2019

August—Infant

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 www.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 While at the grocery store, take time to feel the cold items in the freezer and smell items in the deli or bakery.</p>	<p>2 Put some rattles in a small container. Let your child dump it out and fill it again and again.</p>	<p>3 Stuff a small scarf into a tissue box leaving a little sticking out. Encourage baby to grab and pull the scarf.</p>
<p>4 Talking to and explaining things to baby will encourage language skills even if he can't respond—so chatter away!</p>	<p>5 Fill a small plastic bottle (medicine bottle with childproof cap) with rice or small beans and let baby shake it.</p>	<p>6 Give baby tummy time for a few minutes every day. This strengthens arms and back muscles for later crawling.</p>	<p>7 With baby lying on her back, place an open book next to her head so she can see the pictures. Talk about them.</p>	<p>8 Sing "This Little Piggy" to your baby. Run your fingers up his belly and tickle him when you get to the last toe.</p>	<p>9 Place ¼" of water in a small wash basin. Sit with baby and gently splash the water. Give her a boat to float!</p>	<p>10 Hold baby's hands while sitting and gently rock back and forth singing "Row, row, row your boat."</p>
<p>11 Use a clear jar to catch a bug. Look at it with baby. What does it look like? What's it doing? Release it together.</p>	<p>12 Look at a book or magazine together. Allow baby to turn the pages. Talk about what you see.</p>	<p>13 Place a blanket on the floor and lay down next to baby to see from her perspective.</p>	<p>14</p> 	<p>15 Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing in the wind.</p>	<p>16 Pretend to use blocks as phones. Call each other and have a conversation.</p>	<p>17 It's never too early to start reading to her. Choose simple picture books and talk about what you see.</p>
<p>18 Use a coffee can to make shape or color sorters.</p>	<p>19 Hold baby and stand in front of a fan to feel the breeze. Hold a ribbon in the breeze and watch it flutter.</p>	<p>20 Fill plastic water bottles with half water and half oil. Add food coloring and put lid on tight.</p>	<p>21 With baby in a sitting position, roll a ball back and forth.</p>	<p>22 Tummy time! Place your baby gently on his stomach for 15 minutes. Give him toys to reach for.</p>	<p>23 Put toys just out of reach for your baby. This encourages her to begin rolling over and crawling.</p>	<p>24 Repeat sounds that your baby makes, like "da-da" and "ooh." Language development starts at birth.</p>
<p>25 Practice standing with your older baby by holding onto her hands with her feet on the ground.</p>	<p>26 Tickle your baby's feet with your fingers and run them slowly up his body to his chin. Giggle and laugh with him.</p>	<p>27 Imitate your baby's sounds. Baby will repeat sounds to hear you mimic him. This encourages language and social skills.</p>	<p>28 Sing lullabies and tell your baby nursery rhymes.</p>	<p>29 Print photos of family members and glue them to construction paper to make a homemade book for baby to look at.</p>	<p>30 Arrange several cushions on the floor for baby to crawl over and around.</p>	<p>31 Find fabrics of different textures and glue to pieces of cardboard, then tie together to create a book. Name the textures as your baby touches them.</p>



Monster Bubbles

Combine 6 cups of distilled water, ¾ cup light corn syrup, and 2 cups dishwashing liquid. Mix well.

Let solution sit for four hours before using.

Use different sized bubble wands to make bubbles big and small!