



# Learn Through Play 2019

# August—Toddler

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://www.4cforchildren.org/families">www.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> Sing “This Little Piggy” to your toddler. Run your fingers up his belly and tickle him when you get to the last toe.</p>	<p><b>2</b> Play hopping games. Place tape or mats on the floor and have your toddler hop over or on them.</p>	<p><b>3</b> Fill a small plastic bottle with rice or small beans and let your toddlers shake, shake, shake!</p>
<p><b>4</b> Provide dress-up materials like tape measures, hats, purses and adult shoes. Toddlers love to pretend to be grown up!</p>	<p><b>5</b> Collect sticks from different trees. Talk with your toddler about how they look and feel.</p>	<p><b>6</b> Set up small tubs of water with boats, cups and scoops. Sit with your toddlers while they splash and play in the water.</p>	<p><b>7</b> Use a clear jar to catch a bug. What does it look like? What’s it doing? Release it together.</p>	<p><b>8</b> Take a walk around the neighborhood. Count the number of birds or squirrels you see.</p>	<p><b>9</b> Print photos of family members. Glue them to construction paper to make a homemade book.</p>	<p><b>10</b> Pretend to be different kinds of animals like lions, elephants, chickens, and fish.</p>
<p><b>11</b> Place a paper plate on an old record player. Turn it on and use markers to make spiral art designs.</p>	<p><b>12</b> Save those cardboard boxes! It may be a box to you, but a toddler sees trains, planes and automobiles!</p>	<p><b>13</b> Make a fort using sheets and chairs. Put cushions inside and a basket of books.</p>	<p><b>14</b></p> 	<p><b>15</b> Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing in the wind.</p>	<p><b>16</b> Paint on the sidewalk with water! Get small bucket of water and paint brushes. Watch them paint over and over again.</p>	<p><b>17</b> Look in the mirror with your toddler. Have them show you their nose, hair and chin. Talk about what they see.</p>
<p><b>18</b> Pretend to use blocks as phones. Call each other and have a conversation.</p>	<p><b>19</b> Draw a line across paper and ask your toddler to draw one too. Try different shapes like circles and triangles.</p>	<p><b>20</b> Provide your toddler opportunities to throw and kick balls. Have different types of shapes and sizes available.</p>	<p><b>21</b> Arrange several cushions on the floor for your toddler to crawl over and around.</p>	<p><b>22</b> Make a “Guessing Box” from a shoe box. Cut a hole in the top. Place small objects inside and have your toddler guess what’s inside.</p>	<p><b>23</b> Create a cozy spot with lots of pillows and a basket of books. Sit with your toddler and read a couple of books.</p>	<p><b>24</b> Make play dough and give your toddler a variety of tools like rollers, knives, trucks and figurines to use.</p>
<p><b>25</b> It’s never too early to start reading to her. Choose simple picture books and talk about what you see.</p>	<p><b>26</b> Walk around the neighborhood looking for different types of vehicles. Take pictures and make a book to read later on.</p>	<p><b>27</b> Fill plastic water bottles with half water and half oil. Add food coloring and put lid on tight.</p>	<p><b>28</b> Praise your toddler on how good they are at dressing themselves (even if it is on backwards or wrong-side out.).</p>	<p><b>29</b> Show your toddler you love them by saying hello with a big hug when you come home!</p>	<p><b>30</b> Provide space and real tools for your toddlers to dig. Talk to them about their hard work and offer to help!</p>	<p><b>31</b> Use coffee filters, markers and pipe cleaners to make big, bright flowers.</p>



## Rice Pudding

**Ingredients**

- 2 ½ cups 1% milk
- 2 ¼ cups long-grain white rice
- ¼ cup raisins
- ¼ tsp salt
- ¼ cup brown (or white) sugar
- 1 tsp vanilla extract
- ¼ tsp cinnamon

## Directions

1. In a medium-sized pot, combine milk, rice, raisins and salt.
2. Bring pot to a boil. Lower heat and cook for 15 minutes. Stir every 3 minutes.
3. Add sugar, vanilla extract, and cinnamon. Mix well.
4. Cook over low heat for 5 minutes.
5. Serve hot or refrigerate and serve cold.

This recipe makes six 1 cup servings.