

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