

Learn Through Play 2019

November—Toddler

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<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 Play with a large ball, see if your child can throw it from standing position and then see if they can kick it.</p>	<p>2 Spin in a circle with your child. Talk about going around and around, faster, slower, stop and go.</p>
<p>3 During bath time, give a washcloth to your child and have them use it to wash their body.</p>	<p>4 Pretend to be a bunny with your child. Help them to hop with both feet. Say "hop, hop, hop" as you bounce.</p>	<p>5 Go for a walk and collect rocks in a bag with your child. When you get home, separate them into two piles.</p>	<p>6</p> 	<p>7 Pretend a broom is a horse. Show your child how to ride it and say "yee haw!"</p>	<p>8 Tape or record your child singing or talking. Then watch or listen to it together.</p>	<p>9 When bathing your child, fill only a little and let them put their hand under the running water. Talk about and let them feel "cold" and "hot."</p>
<p>10 Bat a beach ball back and forth. See if your child can use hands or feet to bop it back and forth with you.</p>	<p>11 Make a picture puzzle: cut a picture from a cereal box or a greeting card into three pieces. Have your child try to put them back together.</p>	<p>12 When playing with a ball, encourage your child to pass it from one hand to the other, and talk about "right" and "left."</p>	<p>13 Create an "All About Me" book with your child. Fill with pictures of them and of family, pets, home, etc. Include their name. Read it often!</p>	<p>14 Have a "red" day. Wear red clothes; serve red foods. Color a piece of paper red.</p>	<p>15 Take five cotton balls and place a different smell (perfume, vanilla, vinegar, lemon juice, etc.) on each. Have your child smell and guess.</p>	<p>16 With a toy phone or old phone, have a pretend conversation with your child on the phone. Take turns initiating.</p>
<p>17 Give your child a box to push around and pick up toys. Pretend it is a pickup truck!</p>	<p>18 Play with a shape sorter or a puzzle. Assist them with words: "It fits!" "That one is different, it doesn't work. Can you try another one?"</p>	<p>19 Give your child measuring cups or spoons or bowls to stack or nest inside one another.</p>	<p>20 Throw a Frisbee or an ice cream lid to one another and try to catch. Great exercise!</p>	<p>21 On a mattress, or an air mattress, support your child and help them jump by holding their hands.</p>	<p>22 When grocery shopping, allow your child to touch different items. Talk about how they feel and how they smell.</p>	<p>23 Make a sandwich for lunch together. Talk about each step as you do it.</p>
<p>24 Pretend to be a dog with your child! Wag your tail, sit, lay down, and roll over.</p>	<p>25 Have a "triangle" day. Cut out triangles. Have a pizza with triangle pieces to eat.</p>	<p>26 When cleaning up toys together, make up or sing a cleanup song. Sing it until everything is put away.</p>	<p>27 Have your child practice walking backwards while pulling a toy on a string.</p>	<p>28</p> 	<p>29 Gather five or six items and place them in a line on the floor. Ask your child, "Where is the...(red one, toothbrush, shoe, etc.)?"</p>	<p>30 Read a book with your child under a blanket with a flashlight.</p>



Recipe: Banana French Toast

- Mix 1/2 banana, 1/4 cup of milk, 1 egg and 1/2 tsp vanilla or cinnamon in a wide bowl.
- Dip pieces of whole grain bread and coat.
- Place on a non-stick griddle or pan and cook both sides until golden brown.
- Cool a bit and serve in small cut-up pieces to allow your toddler to enjoy this tasty finger food!