
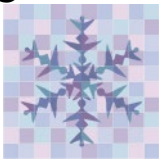
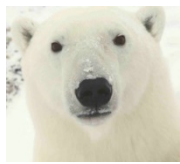


# Learn Through Play 2020

# January—Infant

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><b>Connect With 4C Resources Online</b>  <b>Parenting E-newsletter:</b> Sign up for our monthly e-news full of parenting tips! Visit <a href="http://www.4cforchildren.org/parentsources">www.4cforchildren.org/parentsources</a>.  <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> While listening to music hold your baby's stuffed animals and make it dance.</p>	<p><b>2</b> Rub lotion on your baby's arms and legs, and massage. Talk or sing to him while massaging.</p>	<p><b>3</b> Play a game of peek-a-boo with your baby.</p>	<p><b>4</b> Put baby on their tummy. Place toys just out of reach so she can practice reaching.</p>
<p><b>5</b> Give your baby wooden spoons and plastic containers. Show her how to bang objects together to make noise!</p>	<p><b>6</b> Place a favorite toy under a blanket or a pillow and see if your baby can find it.</p>	<p><b>7</b> Gently tie a soft rattle on your child's wrist or ankle. Encourage them to shake. Sing "Shake, shake, shake." Repeat.</p>	<p><b>8</b> Hold your baby and look into the mirror together. Talk, make faces, name body parts, make sounds, ENJOY!</p>	<p><b>9</b> Throw a thin scarf in the air. As it floats down, catch it or let it gently fall on baby's face.</p>	<p><b>10</b> Blow bubbles and watch your baby reach for them.</p>	<p><b>11</b> Fill an empty tissue box with scarves or socks. Show your baby how to pull them out.</p>
<p><b>12</b> Put pictures on the wall next to the changing area so your baby can look at them. Talk about them with your baby.</p>	<p><b>13</b></p> 	<p><b>14</b> Give your baby something light to hold with two hands. A stuffed animal or ball would work.</p>	<p><b>15</b> Imitate your baby's sounds. Pause and see if she will try to imitate you. Use expressions and gestures to see if she will imitate you.</p>	<p><b>16</b> Bundle up your baby and take a short walk outside. Talk about what you see and feel.</p>	<p><b>17</b> Show your baby pictures of animals and make the sounds.</p>	<p><b>18</b> YStack objects and knock them down. Make fun noises as the tower falls.</p>
<p><b>19</b> Recite finger plays or sing songs. Change the tempo and pitch as you repeat.</p>	<p><b>20</b> Encourage your baby to use their hands to feed themselves during mealtime.</p>	<p><b>21</b> Count your baby's fingers and toes together. You can play, "This Little Piggy."</p>	<p><b>22</b> Play "So Big." Ask: "How big is the baby?" Then lift baby's arms up and say: "Sooooo big!"</p>	<p><b>23</b> Allow your baby to finger paint using baby food.</p>	<p><b>24</b> Place different toys and stuffed animals in a basket. Allow baby to pull everything out and how to put things back in.</p>	<p><b>25</b> Place Cheerios inside a plastic water bottle with no lid. See if baby can get them out and into her mouth!</p>
<p><b>26</b> Look at a picture book together with your baby on your lap. Talk softly and name and point to each picture.</p>	<p><b>27</b> Help your baby touch something that is cold, like an ice cube or snow. Then say, "Brrrr...Cold."</p>	<p><b>28</b> Read! Read! Read!</p>	<p><b>29</b> Cuddle and sing with your baby.</p>	<p><b>30</b> Watch the snow fall and talk about it with your baby.</p>	<p><b>31</b></p> 	



## Sensory Squish Bag

*What you will need:*  
 Re-sealable bags  
 Duct tape  
 Red, yellow, and blue food coloring  
 Shaving cream or clear liquid soap

Mix shaving cream or liquid soap and food coloring together inside a bag. Tape the bag shut with duct tape. Use different colors in different bags to make fun color combinations!

Let your child squish and squeeze the bags. They will enjoy the sensory activity and watching the colors blend!

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