

# Learn Through Play 2020

May—Infant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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/families">www.4cforchildren.org/families</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.						
<b>3</b> Look at a picture book together when your baby is cuddled on your lap. Talk softly, label each picture and point to it.	<b>4</b> When your baby is ready, put squeezable items such as sponges in the bathtub and let your baby play with them.	<b>5</b> Blow bubbles so your baby can watch them. When the bubbles pop, say "pop!" Be careful of eyes, try to blow near his hands.	<b>6</b> While carrying your child, move fast or move in a circle. Say words like "whee" or "spin" while moving.	<b>7</b> Stack some blocks or small boxes. Roll a ball and knock them over. Stack again and see if your baby will try to roll the ball.	<b>8</b> When your baby is ready, encourage her to try drinking from a regular cup.	<b>9</b> Sing to your baby when washing his face and hands. "This is the way we wash our hands, wash our hands, wash our hands..."
<b>10</b> <i>Happy Mother's Day</i>	<b>11</b> Take a walk outside and point out all the things that you see.	<b>12</b> Set up a mirror for your baby to see herself while she plays on the floor. Watch her response to her image.	<b>13</b> Show your baby a picture of an animal and make the sound.	<b>14</b> Scatter small stuffed animals on the floor and encourage your baby to crawl after them and put in a basket.	<b>15</b> Play a game of peek-a-boo with your baby.	<b>16</b> READ! READ! READ with your baby!
<b>17</b> While listening to music, dance with your baby.	<b>18</b> Talk about feelings with your baby. For example: You are happy right now, your face tells me you are sad, etc.	<b>19</b> Place a favorite toy under a blanket or pillow. See if your baby can find it.	<b>20</b> TALK! TALK! TALK with your baby!	<b>21</b> Lay your baby on a blanket outside. Watch birds fly by and count them out loud. Listen to the sounds they make.	<b>22</b> Give your baby lots of kisses! Butterfly kisses, Eskimo kisses...	<b>23</b> Dance party day! Turn on your favorite tunes and dance around with your baby. Any music will do—it doesn't have to be "kid" music. Just dance!
<b>24</b> Praise your baby when she has achieved something. This boosts her trust and self-confidence.	<b>25</b> <i>Memorial Day</i>	<b>26</b> Play a finger song game like "Five Little Monkeys."	<b>27</b> Walk outside today, Explore the grass, sit and let your baby feel and pull with his hands.	<b>28</b> Research your local library and watch a virtual story time with your baby.	<b>29</b> Massage your baby's feet and hands and count each toe/finger. Clap her feet or hands together and sing rhymes!	<b>30</b> Have a family picnic outside. Don't forget the sunscreen!
<b>31</b> Go back and repeat the activities you enjoyed this month.						



## Touchy Feely Box

Materials:  
 -Shoebox  
 -Shells, pinecones, rocks, feathers, etc.

Directions:  
 Place items in box.  
 Leave the lid off.

Help your child put their hand in the box and touch an object.

Describe the way the item feels to your child.

Use descriptive words such as hard, soft, smooth, rough or bumpy.