

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> Talk about opposites today, such as big and small, soft and hard.</p>	<p><b>2</b> Use sidewalk chalk to make a masterpiece. Be sure your child "signs" their name.</p>	<p><b>3</b> Look at a picture of an American flag today. Count the stripes and name all the colors.</p>	<p><b>4</b></p> 
<p><b>5</b> Eat blueberries today. Talk about their size, shape, color and flavor.</p>	<p><b>6</b> Make lemonade with your child.</p>	<p><b>7</b> Give your child a bucket of water and a sponge and let him play outside.</p>	<p><b>8</b> Blow bubbles with your child. Show her how to move her hand so the wind catches the bubbles.</p>	<p><b>9</b> Find a virtual story time presented by your local library.</p>	<p><b>10</b> Go for a walk, and ask your child "Which way should we go?" "How far?" "Now what?" etc. Let him take the lead.</p>	<p><b>11</b> Gather five or six items and place them in a line on the floor. Then ask your child "Where is the ___?"</p>
<p><b>12</b></p> 	<p><b>13</b> Look at a book together and say, "I see a _____. Do you see the _____?" When they point to it, then say, "There it is. You found it!"</p>	<p><b>14</b> Color a sidewalk with sidewalk chalk. Then sprinkle it with the hose and watch it transform!</p>	<p><b>15</b> Find time to laugh and move with your family. You can go for a swim, walk, or hike.</p>	<p><b>16</b> Play hide and seek with your child.</p>	<p><b>17</b> You and your child can pretend to be butterflies flying around the yard from flower to flower.</p>	<p><b>18</b> Read with your child for 15 minutes today.</p>
<p><b>19</b> Call out different colors for your toddler to find. You can do this in the car as you drive, while taking a walk, or waiting in line.</p>	<p><b>20</b> Watch the sunset. Ask your child to describe it. Write as she talks and then read the story.</p>	<p><b>21</b> Hide a familiar object under the covers. Have your child pat it and guess what it is.</p>	<p><b>22</b> Allow your child to help you sweep the floor with his own broom.</p>	<p><b>23</b> Sing "The Itsy Bitsy Spider" and do the hand motions with your child.</p>	<p><b>24</b> When walking, play "Stop and go." Practice starting and stopping. Pretend to be cars while you walk or run. Talk about slow and fast.</p>	<p><b>25</b> When sitting at the table, give your child a straw and have her blow cotton balls or other straws across the table.</p>
<p><b>26</b> Make a sandwich for lunch together. Talk about the steps. Give your child a dull or plastic knife for spreading condiments.</p>	<p><b>27</b> Draw different shapes on the sidewalk using chalk. Practice walking inside, outside, and around the shape.</p>	<p><b>28</b> Have a "square" day. Cut out colored squares and glue them down. Find squares in your house or have a square snack (cheese cubes, crackers).</p>	<p><b>29</b> After washing the silverware have your child place the forks and spoons etc, in their corresponding place in the tray or drawer.</p>	<p><b>30</b> When washing your child create lots of bubbles when lathering her hands. Sing the alphabet song while you lather, so she gets in the habit of scrubbing.</p>	<p><b>31</b> Repeat your favorite activity of the month.</p>	



## Waffle Dippers

### Ingredients

- 1 frozen waffle, toasted
- ½ cup flavored yogurt
- ¼ cup diced fruit or berries

### Directions

1. Cut toasted waffle into 1-inch strips.
2. Dip into yogurt.
3. Serve with fruit.