

<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 Draw on a paper coffee filter with marker then spray it with water and watch what happens.</p>
<p>2 Play a song and have everyone dance. When you stop the music everyone 'freezes.'</p>	<p>3 Fill a small see-through container with objects. Have your children guess how many they think are inside.</p>	<p>4 Take a bucket of water and brushes outside. Let your children 'paint' on sidewalks.</p>	<p>5 Go on a nature walk and bring a box or bag to keep treasures in. Talk about the items when you get home.</p>	<p>6 Make obstacle courses with blocks and hula hoops. Have your children jump in and over the obstacles.</p>	<p>7 Provide opportunities to use scissors. Use old magazines and have your children cut pictures from them.</p>	<p>8 Let your child pick out a favorite book and have them read it to you in their own words.</p>
<p>9 Sing "All Around the Kitchen" and hop around like a rooster. Be silly with it!</p>	<p>10 Play the "I Spy" game. Try to find different colors and shapes in your environment.</p>	<p>11 Lie on your back on ground and look up at the clouds. Talk about what you see.</p>	<p>12</p> 	<p>13 Make lemonade on a hot day. Let your children squeeze the juice into a bowl.</p>	<p>14 Make marble mazes with paper towel tubes and tape. Add chairs and other items for height.</p>	<p>15 Let your children help you make play dough. Give them kitchen tools to use when working with the play dough.</p>
<p>16 Encourage older children to read to the younger children. Even if they can't "read" it's a fun interaction!</p>	<p>17 Set up a sorting activity using an old hors d'oeuvre tray with many sections. Use different colored or sized objects to sort.</p>	<p>18 Create a simple activity board using hinges, clasps or locks found in a hardware store.</p>	<p>19 Play balancing games with bean bags. Have your children place them on their knee, ear, shoulder, etc.</p>	<p>20 Before reading a book for the first time, ask your child what they think the book is about. Talk about the picture on the cover.</p>	<p>21 Sing songs that have action movements in them like jumping or pretending to be different animals.</p>	<p>22 Set up a sprinkler outside and let your children run through it.</p>
<p>23 Use a cookie sheet with magnetic letters. Talk with your child about the different shapes in letters.</p>	<p>24 Create Monster Bubbles (see recipe at side). Talk with your children about size and how long they last.</p>	<p>25 Freeze a block of water using a small wash tub in the freezer. Set it outside and watch it melt.</p>	<p>26 Ask your children what they are interested in. Find books at your library about their favorite things.</p>	<p>27 Give your children small shakers, maracas or bells to shake while singing songs.</p>	<p>28 Place note cards or small pieces of paper with pens in a basket for children to write letters to friends and family.</p>	<p>29 Allow your children to help prepare meals. Give them tasks like cutting soft fruits or veggies or setting the table.</p>
<p>30 Provide natural materials like small twigs, leaves, and grass clippings for children to make art projects.</p>	<p>31 Have your child tell you a story. Write it down for her, then have her illustrate it to create her very own book.</p>					



Monster Bubbles

Combine 6 cups of distilled water, $\frac{3}{4}$ cup light corn syrup, and 2 cups dishwashing liquid. Mix well.

Let solution sit for four hours before using.

Use different sized bubble wands to make bubbles big and small!