


# Learn Through Play 2020

# October—Infant

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<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>1</b> Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing in the wind.	<b>2</b> Play a game where you and baby can chase each other by crawling or walking.	<b>3</b> Play a game where you and baby can chase each other by crawling or walking.
<b>4</b> Place blocks in a container, one by one, and then dump them out. Dump and fill, they will do this over and over.	<b>5</b> Blow bubbles and encourage your baby reach for them.	<b>6</b> Imitate your baby's facial expressions and sounds. This is how babies communicate.	<b>7</b> Imitate your baby's facial expressions and sounds. This is how babies communicate.	<b>8</b> Kiss your child on one cheek then the other, then the back of the neck, on the legs, feet, etc.	<b>9</b> Help baby experiment with sound. Gently pat baby's mouth while she is babbling.	<b>10</b> Sing the rhyme "Pat-a-cake" clapping baby's hands and feet together, then yours!
<b>11</b> Turn the music on and dance! Hold your child's arm and move to the music, dip them, twirl them, bounce. Enjoy!	<b>12</b> Try a new fruit or vegetable with baby at lunch today.	<b>13</b> Call grandma or grandpa or another family member. Let your child listen and "talk" on the phone with them.	<b>14</b> Give your child a teething biscuit to try to eat on their own when ready. Say "Mmmm, good cookie."	<b>15</b> Set up a mirror for your child to see themselves while they play on the floor. Watch their responses to their image.	<b>16</b> Make a color shaker, using a clear bottle such as a vitamin bottle. Fill with water, sequins, glitter, marbles. Seal and glue lid on. Shake away!	<b>17</b> While you are cooking, tell baby what you are making and have baby smell the ingredients.
<b>18</b> Carry baby while looking in the fridge or kitchen cabinets and talk to him about what's inside.	<b>19</b> Show baby pictures of items in a book or magazine that he can find around the house.	<b>20</b> When your child is on the floor, crawl around them on your hands and knees and talk to them. This is lots of fun once they are mobile also.	<b>21</b> When holding a toy, accidentally drop it. Say, "Oops!" and point to where it went and say, "Fell down!"	<b>22</b> Cut a hole in a lid of a container. Get your child to put in different toys through the hole. Dump out items.	<b>23</b> Experiment with a straw and blow air on baby's hand, feet and tummy. Tell baby what you're doing and how it feels.	<b>24</b> Sing to your child when washing their face and hands or when bathing. "This is the way we wash our hands, wash our hands..."
<b>25</b> Make a puppet, stuffed animal or even a sock talk or sing to your child. This is especially handy if you are waiting somewhere.	<b>26</b> Softly play a classical tune as you put baby to sleep. You can borrow CDs from your local library.	<b>27</b> Tickle your child. Name their body parts as you tickle. See if you can get them to smile, giggle and laugh. Precious!	<b>28</b> When grocery shopping, point out different items and label them, also let your child feel or hold different (safe) items while they are in the cart.	<b>29</b> Experiment with new sounds and see if your baby will copy you (try clicking with your tongue, smacking your lips, blowing bubbles)	<b>30</b> Read! Read! Read with your baby.	<b>31</b> 



## Dairy Free Pumpkin Smoothie

Ingredients  
 1 1/2 cup almond milk, unsweetened  
 1 cup plain Greek yogurt  
 1 cup canned pumpkin  
 2 tsp maple syrup  
 1 tsp pumpkin pie spice  
 1 medium banana

Blend ingredients together until smooth.

Add ice if you want your smoothie to be a shake instead!

Enjoy!