




Learn Through Play 2021

April—Infant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 Hold your child and look into a mirror together. Talk, make faces, name body parts, make sounds.</p>	<p>2 Massage feet and hands and count each toe/finger. Clap feet or hands together and sing rhymes!</p>	<p>3 Look at a picture book. Talk about what you see and label and give the sound that the object makes. "Car...beep"; "Cow...moo" etc.</p>
<p>4</p> 	<p>5 Cover your face with a blanket and hide. Say "Where did I go?" Uncover and say either "Boo!" or Here I am!"</p>	<p>6 Read! Read! Read with your baby!</p>	<p>7 Give your child time on their tummy to encourage head control, pushing up with arms, and later working towards crawling</p>	<p>8 In a metal coffee can or bowl, show your child how to drop something inside to make a noise. Continue until they try it.</p>	<p>9 At bath time, use a sponge, cup or a squirt toy and drop water on body parts. Say "water on your leg," "water on your tummy," etc.</p>	<p>10 When dressing your baby, each time talk about clothing items and body parts. "Pants on...foot up" if they do not do the action help them and repeat</p>
<p>11 Go for a walk using the stroller. Go over grass, sidewalk, and gravel for different feels. Talk about what's happening. "Bumpy, fast, slow, smooth.."</p>	<p>12 Play on a blanket in the grass. Explore things with different textures and describe how they feel. (rock, twig, branch, leaf, etc.)</p>	<p>13 Put a toy in a container. Show them the item and then dump it out. Repeat. Say "in" and "out" during activity.</p>	<p>14 Imitate your child's sounds. Pause and see if they will try to imitate you. Use expressions and gestures and see if they will imitate also.</p>	<p>15 Help your baby to squeeze their hands when holding squeeze toys, sponges, squeak toys, foam balls, etc.</p>	<p>16 Talk! Talk! Talk with your baby!</p>	<p>17 Sing and dance with your baby.</p>
<p>18 Go to a park and slide down a slide together. Hold on tight...wheeee!</p>	<p>19 Play a clapping game with your baby. Sing or just say "clap, clap, clap!" with two blocks. See if he will hit them together also.</p>	<p>20 Experiment with new sounds and see if your baby will copy you (try clicking with your tongue, smacking your lips, blowing bubbles with saliva, gurgling etc.)</p>	<p>21 Read! Read! Read with your baby!</p>	<p>22 Partially cover a toy with a cloth. Make sure they can still see part of it. Say "Where's the ___?" and pull off the cover and say "there it is!"</p>	<p>23</p> 	<p>24 Take a walk outside and point out all the things that you see. Explore your neighborhood or yard.</p>
<p>25 Call grandma, grandpa or another family member. Let your baby listen and "talk" on the phone with them</p>	<p>26 If your baby is ready, try a new food today.</p>	<p>27 While carrying your child, move fast, dance to music or move in a circle. Say words like "whee" or "dance" or "spin", while moving.</p>	<p>28 Sing to your child when washing their face and hands or when bathing. "This is the way we wash our hands..."</p>	<p>29 Encourage your baby (6 months+) to try drinking from a regular cup. The earlier the better!</p>	<p>30 When your baby makes sounds, try to repeat them back. This is important in building the foundation of communication.</p>	



Blueberry Baby Puree

1 cup blueberries (fresh or frozen)

½ cup filtered water

Directions
Add water to a pan and bring to boil.

Add blueberries and reduce heat. Simmer for 15 minutes or until blueberries are soft and tender (frozen blueberries may take longer to cook).

Remove blueberries from pan using a slotted spoon and transfer to the blender. Set aside cooking liquid.

Puree to your baby's favorite consistency, adding the cooking liquid you set aside to thin out if needed.