



Learn Through Play 2021

April—Toddler

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Connect With 4C Resources Online Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit www.4cforchildren.org/families . Social media: Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.				1 Make faces in a mirror together with your child. Talk about emotions while you make a happy face, sad face, angry face, silly face, etc.	2 Coordinate a scavenger hunt around your house.	3 Take a walk outside and point out all the things that you see. Explore your neighborhood or yard
4 	5 Play a game of "Simon Says." Have your child copy your actions (jump, clap, twirl, stomp, etc.)	6 Sing a finger play like "Where is Thumpkin?" or "The Itsy-Bitsy Spider" with your child.	7 Read! Read! Read	8 Compare objects around the house. Which is larger, heavier, etc?	9 Count things on a books page. Which one is the largest and which one is the smallest?	10 Have your child draw a picture for a family member
11 Involve your child in creating a special meal.	12 Ask your child to count the number of blue objects in a room in the house.	13 Sing one of your child's favorite songs fast and then slow.	14 Practice hand washing with your child before and after meals, after diaper changes or using the toilet, wiping her nose, etc.	15 When playing with a doll or an animal ask your child to make the doll jump, sit, lie down, eat, drink, etc. This will expand your child's vocabulary.	16 Talk about today's weather. Is it hot or cold? Sunny or cloudy? Rainy or dry?	17 Have a picnic outside (or inside). Name all the items for your picnic while your child puts them inside the basket.
18 Take a walk and play "I Spy" or count items	19 Let your child pick their favorite song and sing it together.	20 Say silly rhymes today to make your child laugh.	21 Sort blocks by color. Count how many there are of each color?	22 Introduce your child to a style of music she hasn't heard before, like jazz or opera.	23 	24 Take a walk outside and point out all the things that you see. Explore your neighborhood or yard.
25 Search for things during the day that start with the first letter of your child's name.	26 Do a puzzle or color together.	27 Tape shapes to the floor, like a circle, square or triangle. Then have your child jump onto a shape. Talk about which one they are on.	28 Draw a large alphabet. Have your child practice finger tracing while you say each letter out loud.	29 Playing with playdoh strengthens the muscles needed for writing. Roll dough into balls, then press fingers in dough to make shapes	30 Go for a walk, take two big steps and four little steps. Repeat	



Blueberry Smoothie

1 ½ cups frozen unsweetened blueberries

½ cup frozen unsweetened pineapple chunks

1 cup pineapple juice

¾ cup lemon yogurt

Directions:
Place blueberries and pineapple chunks in the bottom of a blender or food processor fitted with a metal blade.

Pour juice over frozen fruit. Add lemon yogurt.

Puree until smooth, stopping to push fruit into the blades of the blender, if necessary.

Pour into glasses and enjoy!