

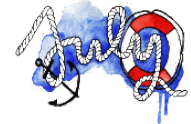

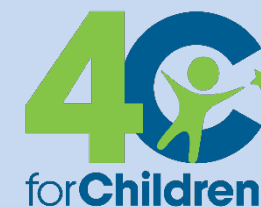


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Connect With 4C Resources Online</p> <p>Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit www.4cforchildren.org/families.</p> <p>Social media: Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p> 				<p>1 Talk about opposites today, such as big and small, soft and hard.</p>	<p>2 Use sidewalk chalk to make a masterpiece. Be sure your child "signs" their name.</p>	<p>3 Eat blueberries today. Talk about their size, shape, color and flavor.</p>
<p>4 </p>	<p>5 Look at a picture of an American flag today. Count the stripes and name all the colors.</p>	<p>6 Give your child a bucket of water and a sponge and let him play outside.</p>	<p>7 Blow bubbles with your child. Show her how to move her hand so the wind catches the bubbles.</p>	<p>8 Attend story time at your local library.</p>	<p>9 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>10 Gather five or six items and place them in a line on the floor. Then ask your child "Where is the ___?"</p>
<p>11 Make lemonade with your child.</p>	<p>12 Color a sidewalk with sidewalk chalk. Then squirt it with water and watch it transform!</p>	<p>13 Find time to laugh and move with your family. You can go for a swim, walk, or hike.</p>	<p>14 Play hide and seek with your child.</p>	<p>15 You and your child can pretend to be butterflies flying around the yard from flower to flower.</p>	<p>16 Read with your child for 15 minutes today.</p>	<p>17 </p>
<p>18 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>19 Watch the sunset. Ask your child to describe it. Write as she talks and then read the story.</p>	<p>20 Hide a familiar object under the covers. Have your child pat it and guess what it is.</p>	<p>21 Allow your child to help you sweep the floor with his own broom.</p>	<p>22 Sing "The Itsy Bitsy Spider" and do the hand motions with your child.</p>	<p>23 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>24 Make a sandwich for lunch together. Talk about the steps. Give your child a dull or plastic knife for spreading condiments.</p>
<p>25 When sitting at the table, give your child a straw and have her blow cotton balls or other straws across the table.</p>	<p>26 </p>	<p>27 Draw different shapes on the sidewalk using chalk. Practice walking inside, outside, and around the shape.</p>	<p>28 After washing the silverware have your child place the forks and spoons etc, in their corresponding place in the tray or drawer.</p>	<p>29 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>30 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>31 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.