

Learn Through Play 2021

September—Toddler

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 Give your child an egg carton to play with. Put some crackers and raisins into the egg cups and practice opening and closing—as well as snacking!</p>	<p>2 Take a ball to the park. Have your child roll it down the slide, and then roll it back up to them. Play catch!</p>	<p>3 Play dress up with your child. Put different types of clothing on yourself and encourage your child to put them on also.</p>	<p>4 Play with a shape sorter or a puzzle. Assist your child by using words like, “It fits,” or “That one is different, let’s try another one.”</p>
<p>5 Play an “on/off” game with your child. Allow him to turn lights on and off. Describe the action as he does this.</p>	<p>6 </p>	<p>7 Sing a song. “The Itsy Bitsy Spider” or “I’m a little Teapot” are examples.</p>	<p>8 On a mattress, or an air mattress, support your child and jump by holding her hands.</p>	<p>9 Go for a walk and collect rocks and leaves in a bag with your child. When you get home separate them into two piles.</p>	<p>10 Draw or color a picture together. Discuss your drawing.</p>	<p>11 Bury some toys or rocks in the sand and then help your child dig them out with her hands or with a shovel.</p>
<p>12 When cleaning up toys together, make up or sing a cleanup song. Sing it until everything is put away.</p>	<p>13 Throw a frisbee or an ice cream lid to one another and try to catch. Great exercise!</p>	<p>14 Read a book under a tree this afternoon.</p>	<p>15 Talk about “up and down” when playing with a balloon. Hit it “up” and watch it come “down.”</p>	<p>16 Take a family field trip to the local park or playground.</p>	<p>17 When sitting at the table, give your child a straw and have him blow cotton balls or other straws across the table.</p>	<p>18 Check out your local library for virtual or outdoor story time.</p>
<p>19 Point out different colors in your child’s bedroom. Talk about other things that are those colors.</p>	<p>20 Spin in a circle with your child. Talk about going around and around, faster, slower, stop and go.</p>	<p>21 When dressing your child. Ask her “What goes on first?” then, “What is next?” and, “What is last?” Then say, “All done!”</p>	<p>22 Let your toddler join in when mixing ingredients in food preparation.</p>	<p>23 With different sized containers, stack from biggest to smallest. Talk about “big and small” concepts.</p>	<p>24 Make an obstacle course for your child. Talk about over, under and through.</p>	<p>25 </p>
<p>26 Make up a rhyming song using your child’s name.</p>	<p>27 Help your child to use his fingers to count to the number five.</p>	<p>28 Read your child’s favorite book using different voices.</p>	<p>29 Check out books about seasons from your local library.</p>	<p>30 What was your favorite activity this month? Do that activity again.</p>		



Gone Fishin’
Children love to see the huge variety of fish at the zoo and the amazing colors of nature. They can easily make their own special fish with only a paper plate and some colorful pieces of paper.

Cut a two- or three-inch triangle out of the side of the plate (this becomes its mouth). Then take the pointed end of the triangle and tape, glue or staple it on the back of the other side of the plate (this becomes its tail!).

Take torn pieces of brightly-colored tissue or construction paper and glue on the body of fish. Add an eye with paper or a crayon and they have their very own fish!