




Learn Through Play 2021

October—Infant

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