




<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</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 Find leaves with different colors and shapes. Feel the textures.</p>	<p>2 Read with your child 15 minutes a day.</p>
<p>3 Go on a nature walk and bring a bag to keep your treasures in. Talk about the items when get home.</p>	<p>4 Make obstacle courses with blocks and hula hoops. Have your child jump in and over the obstacles.</p>	<p>5 Provide times to use scissors. Use old magazines and have your child cut pictures from them.</p>	<p>6 Let your child pick out a favorite book and have them read it to you in their own words.</p>	<p>7 Sing "All Around the Kitchen" and hop around like a rooster. Be silly with it!</p>	<p>8 Play the "I Spy" game. Try to find different colors and shapes in your environment.</p>	<p>9 Lie on your back on the ground and look up at the clouds. Talk about what you see.</p>
<p>10 Draw on a paper coffee filter with marker then spray it with water and watch what happens.</p>	<p>11 Make marble mazes with paper towel tubes and tape. Add chairs and other items for height.</p>	<p>12 Let your child help you make play dough. Give them tools to use.</p>	<p>13 Set up a shoe store with shoes from around the house, shoe boxes, foot measurer and cash register.</p>	<p>14 Encourage older children to read to the younger children. Even if they can't "read" it's a fun interaction!</p>	<p>15</p> 	<p>16 Set up a sorting activity using different colored or sized objects to sort.</p>
<p>17 Create a simple activity board using hinges, clasps or locks found in a hardware store.</p>	<p>18 Play games with bean bags. Have your child place them on his knee, ear, etc.</p>	<p>19 When beginning a book, ask your child what they think the book is about.</p>	<p>20 Sing songs that have action movements in them like jumping or pretending to be different animals.</p>	<p>21 Write letters with chalk on a sheet of dark paper.</p>	<p>22 Use a cookie sheet with magnetic letters. Talk with your child about the different shapes in letters.</p>	<p>23 Make up the homemade slime recipe on the right. Enjoy!</p>
<p>24 Talk about what you can do when you are feeling mad.</p>	<p>25 Ask your child what she is interested in. Find books at your library.</p>	<p>26 Take a bucket of water and brushes outside. Let your child 'paint' on sidewalks.</p>	<p>27 Give your child small shakers, maracas or bells to shake while singing songs.</p>	<p>28 Tape two short cardboard tubes together side by side to make a pair of binoculars.</p>	<p>29 Provide natural materials small twigs, leaves, for children to make art projects.</p>	<p>30 Allow your child to help prep meals. Give them a task like cutting soft fruits or veggies or setting the table.</p>
<p>31</p> 						



Homemade Slime!

Materials:
3 tbsp Metamucil
3 cups of water
Food coloring

Bring 3 cups of water to a boil and add food coloring to achieve desired color.

Once boiling again, add the 3 tbsp of Metamucil and stir until thick.

When the mixture begins to stir like gel, remove from heat and let cool.

This will be very hot so be careful!

Once it is completely cooled, it's playtime!