




Learn Through Play 2021

October—Toddler

<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 Play hopping games. Place tape or mats on the floor and have your toddler hop over or on them.</p>	<p>2 Fill a small plastic bottle with rice or small beans and let your toddlers shake, shake, shake!</p>
<p>3 Provide dress-up materials like tape measures, hats, purses and adult shoes. Toddlers love to pretend to be grown up.</p>	<p>4 Collect sticks from different trees. Talk with your toddler about how they look and feel.</p>	<p>5 Set up small tubs of water with boats, cups and scoops. Sit with your toddlers while they splash and play in the water.</p>	<p>6 Use a clear jar to catch a bug. Look at it with your child. What does it look like? What's it doing? Release it together.</p>	<p>7 Take a walk around the neighborhood. Count the number of birds or squirrels you see.</p>	<p>8 Print photos of family members. Glue them to construction paper to make a homemade photo book.</p>	<p>9 Pretend to be different kinds of animals like lions, elephants, chickens and fish.</p>
<p>10 Place a paper plate on an old record player. Turn it on and use markers to make spiral art designs.</p>	<p>11 Save those cardboard boxes! It may be a box to you, but a toddler sees trains, planes and automobiles.</p>	<p>12 Make a fort using sheets and chairs. Put cushions inside and a basket of books inside.</p>	<p>13 Let your toddler join in when mixing ingredients in food preparation.</p>	<p>14 Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing in the wind.</p>	<p>15 </p>	<p>16 Paint on the sidewalk with water! Get small bucket of water and paint brushes. Watch them paint over and over again.</p>
<p>17 Look in the mirror with your toddler. Have them show you their nose, hair and chin. Talk about what they see.</p>	<p>18 Pretend to use blocks as phones. Call each other and have a conversation.</p>	<p>19 Draw a line across paper and ask your toddler to draw one too. Try different shapes like circles and triangles.</p>	<p>20 Provide toddlers many opportunities to throw and kick balls. Have many types of shapes and sizes available.</p>	<p>21 Arrange several cushions on the floor for your toddler to crawl over and around.</p>	<p>22 Make a "Guessing Box" from a shoe box. Cut a hole in the top. Place objects inside and have your toddler guess what's inside.</p>	<p>23 Create a cozy spot with lots of pillows and a basket of books. Sit with your toddler and read a couple books.</p>
<p>24 Make play dough and give your toddlers a variety of tools like rollers, knives, trucks and figurines to use.</p>	<p>25 Sing "This Little Piggy" to your toddler and run your fingers up his belly and tickle him when you get to the last toe.</p>	<p>26 Walk around the neighborhood looking for different types of vehicles. Take pictures and make a book to read later on.</p>	<p>27 Fill plastic water bottles with half water and half oil. Add food coloring and put lid on tight.</p>	<p>28 Praise your toddler on how good they are at dressing themselves (even if it is on backwards or wrong-side out.)</p>	<p>29 Show your toddler you love them by saying hello to them giving them a big hug when they arrive.</p>	<p>30 Provide space and real tools for your toddler to dig. Talk to them about their hard work and offer to help!</p>
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Homemade Ice Cream

Milk can become homemade ice cream in five minutes! This homemade, creamy treat is a delight for kids and adults alike. Have each child make a serving equal to one scoop of ice cream.

For one serving:

- 1 tbsp sugar
- 1/2 cup milk or half & half
- 1/4 tsp vanilla
- 6 tbsp rock salt
- 1 pint-size plastic food storage bag (e.g., Ziploc)
- 1 gallon-size plastic food storage bag
- Ice cubes

How to make it:

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
2. Put milk, vanilla, and sugar into the small bag, and seal it.
3. Place the small bag inside the large one, and seal it again carefully.
4. Shake until the mixture is ice cream, which takes about 5 minutes.
5. Wipe off the top of the small bag, and then open it carefully. Enjoy!