




<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 Make a brag book for your child. Include pictures of all family members. Point at pictures and say their names.</p>	<p>2 Pretend your child's teddy bear or doll is real: feed them a cookie, give them a drink, put them to bed etc.</p>	<p>3 Give baby material with texture: carpet, sandpaper, etc. and describe it. "This is bumpy! This is rough."</p>	<p>4 Play a game where you and baby can chase each other by crawling or walking.</p>
<p>5 Partially hide a toy behind a blanket or object and let baby look for it.</p>	<p>6 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>7 Show baby pictures of items in a book or magazine that he can find around the house.</p>	<p>8 Imitate your baby's facial expressions and sounds. This is how babies communicate.</p>	<p>9 Lay baby on her back and hold a toy above her so she can reach for it.</p>	<p>10 Kiss your child on one cheek then the other, then the back of the neck, on the legs, feet, etc.</p>	<p>11 Help baby experiment with sound. Gently pat baby's mouth while she is babbling.</p>
<p>12</p> 	<p>13 Turn the music on and dance! Hold your child's arm and move to the music, dip them, twirl them, bounce. Enjoy!</p>	<p>14 Try a new fruit or vegetable with baby at lunch today.</p>	<p>15 Call grandma or grandpa or another family member. Let your child listen and "talk" on the phone with them.</p>	<p>16 Give your child a teething biscuit to try to eat on their own when ready. Say, "Mmmm, good cookie."</p>	<p>17 Set up a mirror for your child to see themselves while they play on the floor. Watch their responses to their image.</p>	<p>18 Make a color shaker, using a clear bottle such as a vitamin bottle. Fill with water, sequins, glitter, etc. Seal and glue lid. Encourage your child to shake.</p>
<p>19 While you are cooking, tell baby what you are making and have baby smell the ingredients.</p>	<p>20 Carry baby while looking in the fridge or kitchen cabinets and talk to him about what's inside.</p>	<p>21 When your child is on the floor, crawl around them on your hands and knees and talk to them. This is also lots of fun once they are mobile.</p>	<p>22 Experiment with new sounds and see if your baby will copy you (try clicking with your tongue, smacking your lips, blowing bubbles with saliva, gurgling etc.)</p>	<p>23 Make a snow angel with your little one, dressed in their snowsuit, hat and mittens. Take a picture for a keepsake.</p>	<p>24 Experiment with a straw and blow air on baby's hands, feet and tummy. Tell baby what you're doing and how it feels.</p>	<p>25</p> 
<p>26 Make a puppet or stuffed animal (or even a sock) talk or sing to your child. This is especially handy if you are waiting somewhere.</p>	<p>27 Softly play a classical tune as you put baby to sleep. You can borrow CDs from your local library.</p>	<p>28 Tickle your child. Name their body parts as you tickle. See if you can get them to smile, giggle and laugh. Precious!</p>	<p>29 Sing to your child when washing their face and hands or when bathing. "This is the way we wash our hands ..."</p>	<p>30 When grocery shopping, point out different items and name them. Let your child feel or hold different (safe) items while they are in the cart.</p>	<p>31 Tickle your child. Name their body parts as you tickle. See if you can get them to smile, giggle and laugh. Precious!</p>	



Melted Snowman

Materials:
 Water Bottle
 Glitter
 Orange Sponge
 6 Black Beans
 2 Twigs
 Fabric Rectangle
 5 Buttons

1. Fill the empty bottle with water and add a small amount of glitter.

2. Cut the orange sponge into the shape of a carrot.

3. Add the sponge, black beans, twigs, and the fabric to the bottle.

4. Seal the bottle and let your kids enjoy playing with their melted snowman!