

Learn Through Play 2021

November—Toddler

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 Play with a large ball, see if your child can throw it from standing position and then see if they can kick it.	2 Spin in a circle with your child. Talk about going around and around, faster, slower, stop and go.	3 	4 During bath time, give a washcloth to your child and have them use it to wash their body.	5 Pretend to be a bunny with your child. Help them to hop with both feet. Say "hop, hop, hop" as you bounce.	6 Go for a walk and collect rocks in a bag with your child. When you get home, separate them into two piles.
7 Pretend a broom is a horse. Show your child how to ride it and say "yee haw!"	8 Tape or record your child singing or talking. Then watch or listen to it together.	9 When bathing your child, fill only a little and let them put their hand under the running water. Talk about and let them feel "cold" and "hot."	10 Bat a beach ball back and forth. See if your child can use hands or feet to bop it back and forth with you.	11 Make a picture puzzle: cut a picture from a cereal box or a greeting card into three pieces. Have your child try to put them back together.	12 When playing with a ball, encourage your child to pass it from one hand to the other, and talk about "right" and "left."	13 Create an "All About Me" book with your child. Fill with pictures of them and of family, pets, home, etc. Include their name. Read it often!
14 Have a "triangle" day. Cut out triangles. Have a pizza with triangle pieces to eat.	15 Take five cotton balls and place a different smell (perfume, vanilla, vinegar, lemon juice, etc.) on each. Have your child smell and guess.	16 With a toy phone or old phone, have a pretend conversation with your child on the phone. Take turns initiating.	17 Give your child a box to push around and pick up toys. Pretend it is a pickup truck!	18 Play with a shape sorter or a puzzle. Assist them with words: "It fits!" "That one is different, it doesn't work. Can you try another one?"	19 Give your child measuring cups or spoons or bowls to stack or nest inside one another.	20 Throw a Frisbee or an ice cream lid to one another and try to catch. Great exercise!
21 Have a "red" day. Wear red clothes; serve red foods. Color a piece of paper red.	22 On a safe surface support your child and help them jump by holding their hands.	23 When grocery shopping, allow your child to touch different items. Talk about how they feel and how they smell.	24 Make a sandwich for lunch together. Talk about each step as you do it.	25 	26 When cleaning up toys together, make up or sing a cleanup song. Sing it until everything is put away.	27 Pretend to be a dog with your child! Wag your tail, sit, lay down, and roll over.
28 Read a book with your child under a blanket with a flashlight.	29 Gather five or six items and place them in a line on the floor. Ask your child, "Where is the...(red one, toothbrush, shoe, etc.)?"	30				



Recipe: Banana French Toast

- Mix 1/2 banana, 1/4 cup of milk, 1 egg and 1/2 tsp vanilla or cinnamon in a wide bowl.
- Dip pieces of whole grain bread and coat.
- Place on a non-stick griddle or pan and cook both sides until golden brown.
- Cool a bit and serve in small cut-up pieces to allow your toddler to enjoy this tasty finger food!

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