




# Learn Through Play 2022

# January—Infant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Connect With 4C Resources Online</b></p> <p><b>Parenting E-newsletter:</b> Sign up for our monthly e-news full of parenting tips! Visit <a href="http://www.4cforchildren.org/families">www.4cforchildren.org/families</a>.</p> <p><b>Social media:</b> Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p> 						<p>1</p> 
<p>2 While listening to music hold one of your baby's stuffed animals and make it dance to the music.</p>	<p>3 Rub lotion on your baby's arms and legs, and massage. Talk or sing to him while massaging.</p>	<p>4 Play a game of peek-a-boo with your baby.</p>	<p>5 Put your baby on her tummy. Place toys just out of reach so she can practice reaching for them.</p>	<p>6 Give your baby wooden spoons and plastic containers. Show her how to bang objects together to make noise!</p>	<p>7 Place a favorite toy under a blanket or a pillow and see if your baby can find it.</p>	<p>8 Gently tie a soft rattle around your child's wrist or ankle and encourage them to shake. Say and sing "Shake, shake, shake." Repeat.</p>
<p>9 Hold your baby and look into the mirror together. Talk, make faces, name body parts, make sounds, ENJOY!</p>	<p>10 Throw a thin scarf into the air. As it floats back down, extend your arms to catch it or let it gently fall onto her face. Watch your child's reaction.</p>	<p>11 Blow bubbles and watch your baby reach for them.</p>	<p>12 Fill an empty tissue box with scarves or socks. Show your baby how to pull them out.</p>	<p>13 Put pictures on the wall next to the changing area so your baby can look at them while being changed. Talk about them with your baby.</p>	<p>14 Watch the snow fall and talk about it with your baby.</p>	<p>15 Give your baby something light, yet large, to hold so he needs to use two hands to hold it. A large stuffed animal or ball would work.</p>
<p>16 Imitate your baby's sounds. Pause and see if she will try to imitate you. Use expressions and gestures to see if she will imitate you.</p>	<p>17</p> 	<p>18 Bundle up your baby and take a short walk outside. Talk about what you see and feel.</p>	<p>19 Show your baby pictures of animals and make the sounds.</p>	<p>20 You and your baby can stack objects and knock them down. Make fun noises as the tower falls.</p>	<p>21 Recite finger plays or sing songs. Change the tempo and pitch as you repeat.</p>	<p>22 Encourage your baby to feed himself using his hands during mealtime.</p>
<p>23 Count your baby's fingers and toes together. You can play, "This Little Piggy."</p>	<p>24 Play "So Big." Ask: "How big is the baby?" Then lift his arms up into the air and say: "Sooooo big!" Babies love this game!</p>	<p>25 Allow your baby to finger paint using her baby food.</p>	<p>26 Place a number of different toys and stuffed animals in a basket. Allow baby to pull everything out, Then show him how to put things back in.</p>	<p>27 Place Cheerios inside a plastic water bottle with no lid. See if baby can figure out how to get them out and into her mouth!</p>	<p>28 Look at a picture book together with your baby cuddled on your lap. Talk softly and name each picture as you point to it.</p>	<p>29 Help your baby touch something that is cold, like an ice cube or snow. Then say, "Brrrr...Cold."</p>
<p>30 Read! Read! Read!</p>	<p>31 Cuddle and sing with your baby.</p>					



## Sensory Squish Bag

What you will need:  
 Re-sealable bags  
 Duct tape  
 Red, yellow, and blue food coloring  
 Shaving cream or clear liquid soap

Mix shaving cream or liquid soap and food coloring together inside a bag. Tape the bag shut with duct tape. Use different colors in different bags to make fun color combinations!

Let your child squish and squeeze the bags. They will enjoy the sensory activity and watching the colors blend!