


Learn Through Play 2022

April—infant

<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/parentsources.</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 Give your baby a massage.</p>	<p>2 Use lotion and rub your child's arms and legs and back.</p>
<p>3 Make up a little song.</p>	<p>4 Set up a mirror for your child to see themselves while playing on the floor. Watch for responses.</p>	<p>5 Spin a top or wind a toy. When it stops wait for your baby to gesture or indicate for more. Say "go?" and repeat.</p>	<p>6 Count your child's fingers and then toes. At the end, tickle or blow raspberries on their palms or bottoms of feet.</p>	<p>7 Play a clapping game. Sing or just say "clap, clap, clap!" with two blocks. See if your child will follow</p>	<p>8 Make a puppet, stuffed animal or even a sock talk or sing to your baby. Handy if you are waiting somewhere.</p>	<p>9 Time to get the stroller out and go for a walk! Talk about the weather, what you see, what you hear and what you smell.</p>
<p>10 At bath time, use a sponge, cup or a squirt toy and drop water on different body parts and name the body parts</p>	<p>11 Help your baby squeeze toys, sponges, squeak toys, foam balls, etc.</p>	<p>12 Mix water and soap in the sink with a whisk. Make lots of suds and have your baby explore, grabbing and popping.</p>	<p>13 Play on a blanket in the grass. Explore different textures and describe how they feel.</p>	<p>14 Stack objects for your baby and encourage knocking them down.</p>	<p>15 Blow bubbles and encourage your baby to reach for them.</p>	<p>16 Attend story time at your local library.</p>
<p>17 Give your baby wooden spoons and plastic containers and encourage banging together to make noise.</p>	<p>18 Put a sock on one of your baby's hands and encourage removing it. Try the other side too!</p>	<p>19 Talk! Talk! Talk with your baby!</p>	<p>20 Put a toy in a container. Show your baby the item and then dump it out. Repeat. Say "in" and "out."</p>	<p>21 Stack some blocks or small boxes, then roll a ball and knock them over. Then let your baby try!</p>	<p>22 Read! Read! Read with your baby!</p>	<p>23 Sing to your child when washing their face and hands or when bathing. "This is the way we wash our hands..."</p>
<p>24 If your baby is ready, try a new food today.</p>	<p>25 Go to a park and slide down a slide together. Hold on tight...wheee!</p>	<p>26 Go to a park and slide down a slide together. Hold on tight...wheee!</p>	<p>27 When your baby makes sounds, try to repeat them back. This is important in building the foundation of communication.</p>	<p>28 Call grandma, grandpa or another family member. Let your baby listen and "talk" on the phone with them.</p>	<p>29 Encourage your baby (6 months+) to try drinking from a regular cup. The earlier the better!</p>	<p>30 Take a walk outside and point out all the things that you see. Explore your neighborhood or yard.</p>



ACTIVITY

Blueberry Baby Puree

1 cup blueberries (fresh or frozen)

½ cup filtered water

Directions
Add water to a pan and bring to boil.

Add blueberries and reduce heat. Simmer for 15 minutes or until blueberries are soft and tender (frozen blueberries may take longer to cook).

Remove blueberries from pan using a slotted spoon and transfer to the blender. Set aside cooking liquid.

Puree to your baby's favorite consistency, adding the cooking liquid you set aside to thin out if needed.