

# Play & Learn 2022

# August—Infant



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>1</b> While at the grocery store, take time to feel the cold items in the freezer and smell items in the deli or bakery.	<b>2</b> Put some rattles in a small container. Let your child dump it out and fill it again and again.	<b>3</b> Stuff a small scarf into a tissue box leaving a little sticking out. Encourage baby to grab and pull the scarf.	<b>4</b> Talking to and explaining things to baby will encourage language skills even if he can't respond—so chatter away!	<b>5</b> Fill a small plastic bottle (medicine bottle with childproof cap) with rice or small beans and let baby shake it.	<b>6</b> Give baby tummy time for a few minutes every day. This strengthens arms and back muscles for later crawling.
<b>7</b> With baby lying on her back, place an open book next to her head so she can see the pictures. Talk about them.	<b>8</b> Sing "This Little Piggy" to your baby. Run your fingers up his belly and tickle him when you get to the last toe.	<b>9</b> Place ¼" of water in a small wash basin. Sit with baby and gently splash the water. Give her a boat to float!	<b>10</b> Hold baby's hands while sitting and gently rock back and forth singing "Row, row, row your boat."	<b>11</b> Use a clear jar to catch a bug. Look at it with baby. What does it look like? What's it doing? Release it together.	<b>12</b> Give baby a gentle massage and tell what you love about her.	<b>13</b> Look at a book or magazine together. Allow baby to turn the pages. Talk about what you see.
<b>14</b> Place a blanket on the floor and lay down next to baby to see from her perspective.	<b>15</b> Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing in the wind.	<b>16</b> Pretend to use blocks as phones. Call each other and have a conversation.	<b>17</b> It's never too early to start reading to her. Choose simple picture books and talk about what you see.	<b>18</b> Use a coffee can to make shape or color sorters.	<b>19</b> Hold baby and stand in front of a fan to feel the breeze. Hold a ribbon in the breeze and watch it flutter.	<b>20</b> Fill plastic water bottles with half water and half oil. Add food coloring and put lid on tight.
<b>21</b> With baby in a sitting position, roll a ball back and forth.	<b>22</b> Tummy time! Place your baby gently on his stomach for 15 minutes. Give him toys to reach for.	<b>23</b> Put toys just out of reach for your baby. This encourages her to begin rolling over and crawling.	<b>24</b> Repeat sounds that your baby makes, like "da-da" and "ooh." Language development starts at birth.	<b>25</b> Practice standing with your older baby by holding onto her hands with her feet on the ground.	<b>26</b> Tickle your baby's feet with your fingers and run them slowly up his body to his chin. Giggle and laugh with him.	<b>27</b> Imitate your baby's sounds. Baby will repeat sounds to hear you mimic him. This encourages language and social skills.
<b>28</b> Sing lullabies and tell your baby nursery rhymes.	<b>29</b> Print photos of family members and glue them to construction paper to make a homemade book for baby to look at.	<b>30</b> Arrange several cushions on the floor for baby to crawl over and around.	<b>31</b> Find fabrics of different textures and glue to pieces of cardboard, then tie together to create a book. Name the textures as your baby touches them.			

**Monster Bubbles**  
Combine 6 cups of distilled water, ¾ cup light corn syrup, and 2 cups dishwashing liquid. Mix well.

Let solution sit for four hours before using.

Use different sized bubble wands to make bubbles big and small!

**Connect With 4C Resources Online**  
**Blogs:** 4C has two parent-focused blogs, *Blink—and They're Grown* and *Put a Bib on It*. For these and other 4C blogs, visit [www.4cforchildren.org/blogs](http://www.4cforchildren.org/blogs).  
**E-newsletters and social media:** Sign up for an e-newsletter and connect with 4C on Facebook, Pinterest, Twitter and YouTube! Just visit [www.4cforchildren.org](http://www.4cforchildren.org).

