




Play and Learn 2022

September – Toddler

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Connect with 4C Resources Online</p> <p>Blogs: 4C has two parent-focused blogs, <i>Blink-and They're Grown</i> and <i>Put a Bib on It</i>. For these and other 4C blogs, visit www.4cforchildren.org/blogs.</p> <p>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.</p> 				<p>1 At bath time, create cool hairdos with shampoo. Spike it or curl it and show her in a hand held mirror her fancy do!</p>	<p>2 Give your child an egg carton to play with. Put some crackers, raisins into the egg cups and practice opening and closing as well as snacking.</p>	<p>3 Take a ball to the park. Have your child roll it down the slide, and then roll it back up to them. Play catch!</p>
<p>4 Play dress up with your child. Put different types of clothing on yourself and encourage your child to put them on also.</p>	<p>5 LABOR DAY</p> 	<p>6 Play with a shape sorter or a puzzle. Assist your child by using words like "it fits" or "that one is different, let's try another one".</p>	<p>7 Play an "on/off " game with your child. Allow him to turn lights on and off. Describe the action as he does this.</p>	<p>8 Sing a song. "The Itsy Bitsy Spider" or "I'm a little Teapot" are examples.</p>	<p>9 Go for a walk and collect rocks and leaves in a bag with your child. When you get home separate them into two piles.</p>	<p>10 Draw or color a picture together. Discuss your drawing.</p>
<p>11 Bury some toys or rocks in the sand and then help your child dig them out with her hands or with a shovel.</p>	<p>12 When cleaning up toys together, make up or sing a cleanup song. Sing it until everything is put away.</p>	<p>13 Throw a Frisbee or an ice cream lid to one another and try to catch. Great exercise!</p>	<p>14 Read a book under a tree this afternoon.</p>	<p>15 Talk about "up and down" when playing with a balloon. Hit it "up" and watch it come "down".</p>	<p>16 Take a family field trip to the library.</p>	<p>17 When sitting at the table give your child a straw and have him blow cotton balls or other straws across the table.</p>
<p>18 Visit your local library for story time.</p>	<p>19 Point out different colors in your child's bedroom. Talk about other things that are those colors.</p>	<p>20 Spin in a circle with your child. Talk about going around, and around, faster, slower, stop and go.</p>	<p>21 On a mattress, or an air mattress, support your child and jump by holding her hands.</p>	<p>22 When dressing your child. Ask her "what goes on first?", then "what is next?", and "what is last?" Then say "All done!"</p>	<p>23</p> 	<p>24 With different sized containers, stack from biggest to smallest. Talk about "big and small" concepts.</p>
<p>25 Make an obstacle course for your child. Talk about over, under and through.</p>	<p>26 Make up a rhyming song using your child's name.</p>	<p>27 Help your child to use his fingers to count to the number 5.</p>	<p>28 Visit your library and check out books about seasons.</p>	<p>29 Read your child's favorite book using different voices.</p>	<p>30 What was your favorite activity this month? Do that activity again.</p>	



Gone Fishin'

Children love to see the huge variety of fish at the zoo and the amazing colors of nature. They can easily make their own special fish with only a paper plate and some colorful pieces of paper.

Cut a two- or three-inch triangle out of the side of the plate (this becomes its mouth). Then take the pointed end of the triangle and tape, glue or staple it on the back of the other side of the plate (this becomes its tail!).

Take torn pieces of brightly colored tissue or construction paper and glue on the body of fish. Add an eye with paper or a crayon and they have their very own fish!