

Play and Learn 2022

September – Infant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Connect With 4C Resources Online Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit www.4cforchildren.org/families. 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 Set up a mirror for your baby to see herself while she plays on the floor. Watch her responses!</p>	<p>2 Spin a top or wind a wind-up toy. Watch for baby to respond, say "Go?" and then repeat</p>	<p>3 Count your child's fingers and toes. At the end tickle or blow raspberries on their feet.</p>
<p>4 Play a clapping game with your baby. Hit two blocks together and see if your baby will copy you.</p>	<p>5 LABOR DAY </p>	<p>6 Make a puppet or use a sock and talk or sing to your baby</p>	<p>7 Blow bubbles and encourage your baby reach for them.</p>	<p>8 Attend a story time at your local library.</p>	<p>9 Go to a park and slide down a slide together. Hold on tight...wheee</p>	<p>10 Encourage your baby (6 months+) to try drinking from a regular cup...the earlier the better.</p>
<p>11 Take a walk outside and point out all the things that you see. Explore your neighborhood or yard.</p>	<p>12 Put a toy in a container. Show your baby the item and then dump it out. Repeat. Say "in" and "out" during activity.</p>	<p>13 Show your baby a picture of an animal and make the sound.</p>	<p>14 Hide a toy that makes noise and turn it on. See if your baby will search out the sound.</p>	<p>15 While carrying your child, move fast, dance to music or move in a circle. Say words like "whee" or "spin"</p>	<p>16 Place a favorite toy under a blanket or pillow. See if your baby can find it.</p>	<p>17 Play a finger song game like "Five Little Monkeys".</p>
<p>18 Walk outside today, Explore the grass, sit and let your baby feel and pull with his hands.</p>	<p>19 Have a family picnic outside. Don't forget the sunscreen.</p>	<p>20 Praise your baby when she has achieved something. This boosts her trust and self confidence.</p>	<p>21 READ! READ! READ with your baby!</p>	<p>22 When holding a toy, accidentally drop it. Say, "Oops!" and point to where it went and say, "Fell down!"</p>	<p>23 When the family dinner is cooking, talk about the smells and what is cooking.</p>	<p>24 Offer your child a basket full of soft toys. Show her how to dump them out and load them up again</p>
<p>25 </p>	<p>26 Be silly today. Put a box on your head and see if your child can reach to get it off.</p>	<p>27 Hang large pictures of the family at your child's eye level. Talk to her about who she is looking at.</p>	<p>28 Fasten bells to your child's socks/booties. Your child will learn he has control over the sound.</p>	<p>29 Take your child to the grocery store. Let her smell the different fruits and feel the different textures</p>	<p>30 What was your favorite activity this month? Do that activity again.</p>	



DIY Aquarium

Materials:
 Water Bottle
 Sand
 Small Ocean Creature Toys
 Blue Food Coloring

1. Combine Water and blue food coloring in bottle, shake until mixed.
2. Add 2 inches worth of sand to the bottle and let it settle at the bottom.
3. Add in your ocean creatures and seal the bottle.
4. Your child now has a portable aquarium wherever they go!