

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<b>1</b> Cover your face with a cloth or blanket and hide. Say "Where did I go?" Uncover and say, "Here I am!"	<b>2</b> Hold your child and look into a mirror together. Talk, make faces, name body parts, make sounds, enjoy!	<b>3</b> Look at pictures of animals and make the animal sounds with your child.	<b>4</b> Put lots of different hats in a box, then put them on your child. Say "hat on, hat off."	<b>5</b> Hold your child. Make funny faces and have your child touch your face and label nose, eyes, mouth, etc.
<b>6</b> Stack Kleenex boxes with your child and show them how to knock them down. See if they will help stack and repeat.	<b>7</b> Lift your child's arms high over their head and say, "So big!" Bring their arms down and repeat!	<b>8</b> Help your child to turn lights on and off. Say "on" and "off" and watch their reactions.	<b>9</b> Imitate your child's sounds. Pause and see if they will try to imitate you. Use expressions and gestures and see if they will imitate also.	<b>10</b> Cut a hole in a lid of a container. Get your child to put in different toys through the hole. Dump out items.	<b>11</b> Massage feet and hands and count each toe/finger. Clap feet or hands together and sing rhymes!	<b>12</b> When saying "hi" or "bye-bye," say the words with animation and wave. Help your child to wave also.
<b>13</b> With two colored pieces of fabric, wave your arms back and forth and make them "fly."	<b>14</b> Fill a two-liter bottle with water, glitter, confetti and buttons, and seal well. Shake and swirl, then let your child watch how they settle.	<b>15</b> Tie a soft rattle or bells around your child's wrist or ankle and encourage them to shake.	<b>16</b> Put a sock on one of your child's hands and encourage them to remove. Try the other side also.	<b>17</b> Sing to your child when washing their face and hands or when bathing: "This is the way we wash our hands."	<b>18</b> Encourage your child to grasp a rattle or another toy. Once mastered hold it a bit out of their reach and see if they will move to grasp.	<b>19</b> Play a clapping game with your child. Sing or just say "clap, clap, clap." Or give them two blocks to hit together!
<b>20</b> Make sounds like "ba ba" or "da-da" and see if they will copy. Sing these sounds to the tune of "Row your boat."	<b>21</b> Talk through a paper tube to your child. See if they will talk back. This will encourage lots of babbling, as they like hearing their voice at this age!	<b>22</b> Encourage your child (6 months or older) to try drinking from a regular cup.	<b>23</b> Place blocks into a pot. Help your child stir with a wooden spoon and "cook" the blocks.	<b>24</b> Look at a picture book together. Talk softly and label each picture and point to it.	<b>25</b> When your child is playing by banging or shaking or making sounds, copy what they are doing.	<b>26</b> Make homemade baby food for your child (6 months or older).
<b>27</b> Place a toy that makes sound within a child's reach. Move the toy and wait for them to re-locate.	<b>28</b> Give your child a beanbag to explore. Encourage them to throw it. Toss it back into their lap.	<b>29</b> Choose simple books and talk about what you see.	<b>30</b> Carry your child around your home and talk about what you see.			
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## Recipe: Banana French Toast

(6 months or older)

Mix 1/2 banana, 1/4 cup of milk, 1 egg and 1/2 tsp vanilla or cinnamon in a wide bowl.

Dip pieces of whole grain bread and coat.

Place on a non-stick griddle or pan and cook both sides until golden brown.

Cool a bit and serve in small cut-up pieces to allow your baby to enjoy this tasty finger food!