


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