



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<b>1</b> Play with a large ball, see if your child can throw it from standing position and then see if they can kick it.	<b>2</b> Spin in a circle with your child. Talk about going around and around, faster, slower, stop and go.	<b>3</b> During bath time, give a washcloth to your child and have them use it to wash their body.	<b>4</b> Pretend to be a bunny with your child. Help them to hop with both feet. Say "hop, hop, hop" as you bounce.	<b>5</b> Go for a walk and collect rocks in a bag with your child. When you get home, separate them into two piles.
<b>6</b> Pretend a broom is a horse. Show your child how to ride it and say "yee haw!"	<b>7</b> Tape or record your child singing or talking. Then watch or listen to it together.	<b>8</b> When bathing your child, fill only a little and let them put their hand under the running water. Talk about and let them feel "cold" and "hot."	<b>9</b> Bat a beach ball back and forth. See if your child can use hands or feet to bop it back and forth with you.	<b>10</b> Make a picture puzzle: cut a picture from a cereal box or a greeting card into three pieces. Have your child try to put them back together.	<b>11</b> When playing with a ball, encourage your child to pass it from one hand to the other, and talk about "right" and "left."	<b>12</b> Create an "All About Me" book with your child. Fill with pictures of them and of family, pets, home, etc. Include their name. Read it often!
<b>13</b> Take five cotton balls and place a different smell (perfume, vanilla, vinegar, lemon juice, etc.) on each. Have your child smell and guess.	<b>14</b> With a toy phone or old phone, have a pretend conversation with your child on the phone. Take turns initiating.	<b>15</b> Give your child a box to push around and pick up toys. Pretend it is a pickup truck!	<b>16</b> Play with a shape sorter or a puzzle. Assist them with words: "It fits!" "That one is different, it doesn't work. Can you try another one?"	<b>17</b> Give your child measuring cups or spoons or bowls to stack or nest inside one another.	<b>18</b> Throw a Frisbee or an ice cream lid to one another and try to catch. Great exercise!	<b>19</b> Have a "red" day. Wear red clothes; serve red foods. Color a piece of paper red.
<b>20</b> On a mattress, or an air mattress, support your child and help them jump by holding their hands.	<b>21</b> When grocery shopping, allow your child to touch different items. Talk about how they feel and how they smell.	<b>22</b> Have a "triangle" day. Cut out triangles. Have a pizza with triangle pieces to eat.	<b>23</b> Make a sandwich for lunch together. Talk about each step as you do it.	<b>24</b> Pretend to be a dog with your child! Wag your tail, sit, lay down, and roll over.	<b>25</b> When cleaning up toys together, make up or sing a cleanup song. Sing it until everything is put away.	<b>26</b> Give your child a small riding toy to push with their legs. Help them to climb on and off and give them a push if they need.
<b>27</b> Have your child practice walking backwards while pulling a toy on a string.	<b>28</b> Gather five or six items and place them in a line on the floor. Ask your child, "Where is the...(red one, toothbrush, shoe, etc.)?"	<b>29</b> Read a book with your child under a blanket with a flashlight.	<b>30</b>			

## 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!

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