

Play & Learn 2022

November—Preschool

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 Take a bucket of water and brushes outside and “paint” on the sidewalk.	2 Take a nature walk and bring a bag to keep your treasures in. Talk about them when you get home.	3 Set up obstacle courses with blocks and hula hoops. Jump in and over the obstacles.	4 Practice using scissors. Cut pictures from old magazines, then paste into a collage.	5 Let your child pick out a favorite book and have them read to you in their own words.
6 Sing “All Around the Kitchen” and hop around like a rooster. Be silly with it!	7 Play the “I Spy” game. Try to find different colors and shapes in your home.	8 Lie on your back on the ground and look up at the clouds. Talk about what you see.	9 Make lemonade! Let your children squeeze the juice into a bowl.	10 Make marble mazes with paper towel tubes and tape. Add chairs and other items for height.	11 Let your children help you make play dough. Give them tools to use.	12 Set up a shoe store with shoes and shoe boxes from around the house.
13 Encourage older children to read to younger children or to you.	14 Set up a sorting activity using different colored or sized objects to sort.	15 Create a simple activity board using hinges, clasps or locks from a hardware store.	16 Play games with bean bags. Balance them on your head and shoulders for a challenge walk!	17 When beginning a new book, ask your child what they think the book is about.	18 Sing songs that have action movements in them like jumping/dancing.	19 Use a cookie sheet with magnetic letters.
20 Find names of people in your family.	21 Ask your child what they are interested in.	22 Count the characters in your child’s favorite books.	23 Give your child small shakers, maracas or bells to shake while singing.	24 Read with your child for 15 minutes a day.	25 Place small pieces of paper in a basket with special notes for your child.	26 Allow your child to help prepare meals by cutting soft fruits, setting the table, etc.
27 Provide natural materials such as small twigs and leaves for children to make art projects.	28 Draw on a paper coffee filter with marker, then spray it with water and watch what happens!	29 Go for a walk and collect rocks. Sort the rocks into piles when you get home.	30 Record your child singing or talking. Then watch or listen to it together.			
<p align="center">Connect With 4C Resources Online</p> <p>Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit www.4cforchildren.org/parentsources.</p> <p>Social media: Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p>						



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!