
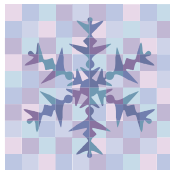



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Connect With 4C Resources Online</p> <p>Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit www.4cforchildren.org/families.</p> <p>Social media: Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p> 						
<p>1 While listening to music hold one of your baby's stuffed animals and make it dance to the music.</p>	<p>2 Rub lotion on your baby's arms and legs, and massage. Talk or sing to him while massaging.</p>	<p>3 Play a game of peek-a-boo with your baby.</p>	<p>4 Put your baby on her tummy. Place toys just out of reach so she can practice reaching for them.</p>	<p>5 Give your baby wooden spoons and plastic containers. Show her how to bang objects together to make noise.</p>	<p>6 Place a favorite toy under a blanket or a pillow and see if your baby can find it.</p>	<p>7 Gently tie a soft rattle around your child's wrist or ankle and encourage them to shake. Say and sing "Shake, shake, shake." Repeat.</p>
<p>8 Hold your baby and look into the mirror together. Talk, make faces, name body parts, make sounds, ENJOY!</p>	<p>9 Throw a thin scarf into the air. As it floats back down, extend your arms to catch it or let it gently fall onto her face. Watch your child's reaction.</p>	<p>10 Blow bubbles and watch your baby reach for them.</p>	<p>11 Fill an empty tissue box with scarves or socks. Show your baby how to pull them out.</p>	<p>12 Put pictures on the wall next to the changing area so your baby can look at them while being changed. Talk about them with your baby.</p>	<p>13 Watch the snow fall and talk about it with your baby.</p>	<p>14</p> 
<p>15 Give your baby something light, yet large, to hold so he needs to use two hands to hold it. A large stuffed animal or a large ball would work.</p>	<p>16 Imitate your baby's sounds. Pause and see if she will try to imitate you. Use expressions and gestures to see if she will imitate you.</p>	<p>17 Bundle up your baby and take a short walk outside. Talk about what you see and feel.</p>	<p>18 Show your baby pictures of animals and make the sounds.</p>	<p>19 You and your baby can stack objects and knock them down. Make fun noises as the tower falls.</p>	<p>20 Recite finger plays or sing songs. Change the tempo and pitch as you repeat.</p>	<p>21 Encourage your baby to feed himself using his hands during mealtime.</p>
<p>22 Count your baby's fingers and toes together. You can play, "This Little Piggy."</p>	<p>23 Play "So Big." Ask: "How big is the baby?" Then lift his arms up into the air and say: "Sooooo big!" Babies love this game!</p>	<p>24 Allow your baby to finger paint using her baby food.</p>	<p>25 Place a number of different toys and stuffed animals in a basket. Allow baby to pull everything out, Then show him how to put things back in.</p>	<p>26 Place Cheerios inside a plastic water bottle with no lid. See if baby can figure out how to get them out and into her mouth!</p>	<p>27 Look at a picture book together with your baby cuddled on your lap. Talk softly and name each picture as you point to it.</p>	<p>28 Help your baby touch something that is cold, like an ice cube or snow. Then say, "Brrrr...Cold."</p>
<p>29 Read! Read! Read!</p>	<p>30</p> 	<p>31 Cuddle and sing with your baby.</p>				



Ice Cube Bags

What you will need:

- Ice cube tray
- Water
- Red, yellow, and blue food coloring
- 3 Ziploc bags

Mix water and food coloring together and pour into the ice cube tray. Make sure you make enough for two ice cubes of each color. When frozen, place a red and yellow ice cube into one Ziploc bag, a red and a blue ice cube into the second Ziploc bag, and a yellow and a blue ice cube into a third Ziploc bag.

Let your child move the cubes around in the bags and will be amazed by what happens when two colors melt together!