



Play & Learn 2023

April—Preschool

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<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/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> 						
2 Make paper chains out of colored paper and decorate the kitchen.	3 Let your child help prepare a healthy breakfast for the family.	4 Look for the number 9 in newspaper ads.	5 Go to the library and find books with rabbit characters.	6 Go outside and look for signs of spring!	7 Try different ways of walking: giant steps, baby steps, tip toeing backwards, etc.	8 Let your child help with mopping the floor— spring cleaning!
9 Go on a scent hunt. Find things that smell: coffee, soap, chocolate, etc.	10 Have a green day with green clothes, foods, crayons and paints!	11 Write alphabet letters on pairs of flowers. Mix up and then find matching flowers.	12 Read your favorite children's books to your child.	13 	14 Go outside and practice hopping and skipping!	15 List ways to show your love to someone.
16 Plant seeds in paper cups. Talk about how long it might take for them to come up.	17 Use cookie cutters to make cookies. Eat them up!	18 Let your child choose between two outfits to wear. Ask them why they like one more.	19 Listen to different sounds inside and outside. Then make your own silly sounds!	20 Let your child help you make a card for someone who is sick.	21 Have a Teddy Bear picnic!	22 Make small dots on a piece of paper and then cover the dots with Cheerios.
23 Make small dots on a piece of paper and then cover the dots with Cheerios.	24 Go outside or to the park and look for the birds.	25 Play store with paper money and your child's toys.	26 Make binoculars out of two paper tubes taped together. Go out and explore.	27 Put on some fun music and create a new dance!	28 Find spring books to read at the library. Cuddle up with your child and read!	29 Make up silly songs using the tune of "Row, Row, Row Your Boat."
30 Make tiny bundles of dried flowers to hang from door handles to be ready for May Day!						



Blueberry Smoothie

1 ½ cups frozen unsweetened blueberries

½ cup frozen unsweetened pineapple chunks

1 cup pineapple juice

¾ cup lemon yogurt

Prep time – 5 minutes

Yield – 2 servings

Place blueberries and pineapple chunks in the bottom of a blender or food processor fitted with a metal blade.

Pour juice over frozen fruit. Add lemon yogurt.

Puree until smooth, stopping to push fruit into the blades of the blender, if necessary.

Pour into glasses and enjoy!