

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<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>						
<p>2 Practice hand washing with your child before and after meals, after diaper changes or using the toilet, wiping her nose, etc.</p>	<p>3 Make faces in a mirror together with your child. Talk about emotions while you make a happy face, sad face, angry face, silly face, etc.</p>	<p>4 When playing with a doll or an animal ask your child to make the doll jump, sit, lie down, eat, drink, etc. This will expand your child's vocabulary.</p>	<p>5 Play hide and seek with your child's favorite stuffed animal. Have your child hide the toy so you can find it, then switch.</p>	<p>6 Play a listening game in the kitchen. Turn on a timer, blender, or clink some glasses or pots. Ask your child, "What is that sound?"</p>	<p>7 Take a walk outside. Talk about what you and your child see, feel, smell, etc.</p>	<p>8 You and your child can pretend to be bunnies. Help him to hop with both feet and say, "Hop, hop, hop!" as you bounce.</p>
<p>9 Have a circle day! Cut out a circle and help your child find circles throughout the house or outside.</p>	<p>10 When dressing your child, give her choices. "Would you like to wear the red shirt or the blue shirt? The white or the gray socks?"</p>	<p>11 With your child, pretend to be different animals: dogs, cats, frogs, ducks, etc. Mimic the animal movements and sounds with your child.</p>	<p>12 Sing "Old McDonald" with animal toys or pictures. When singing the animal sounds, show the corresponding animal.</p>	<p>13 Talk! Talk! Talk together!</p>	<p>14 Place your child's hand on a piece of paper and trace around it with a crayon or pencil. Let them trace around your hand also. Try feet too!</p>	<p>15 Sing the alphabet song together and emphasize the first letter of your child's name. Point out the letter whenever you see it, too!</p>
<p>16 Make a road with masking tape. Use books/ blocks for ramps and bridges, and boxes for stores and houses. Have fun "driving" toy cars with your child.</p>	<p>17 Have a yellow day! Wear yellow clothes and serve foods that are yellow. Color a piece of paper yellow and then match it to things to it that are yellow.</p>	<p>18 Feed the birds! Break up some old bread into crumbs with your child and sprinkle it with some birdseed on a window sill, or table outside. Watch for birds!</p>	<p>19 Make loud and soft sounds together. Try clapping, stomping, shaking a musical instrument or blowing a whistle, both loudly and softly.</p>	<p>20 Go on a counting walk with your child. Count different items that you see. "One window, two birds, three flowers," etc.</p>	<p>21 Sing a finger play like "Where is Thumbkin?" or "The Itsy-Bitsy Spider" with your child.</p>	<p>22 Count the stairs out loud as you and your child walk up or down.</p>
<p>23 Give your child directions in your daily routine. "Can you put this toy in the box?" "Bring the book to me," etc.</p>	<p>24 Set a box or basket on its side and roll a ball into it. Or make a stack of blocks and then roll the ball to knock them over.</p>	<p>25 Read! Read! Read together!</p>	<p>26 Tape shapes to the floor, like a circle, square or triangle. Then have your child jump onto a shape. Talk about which one they are on.</p>	<p>27 Read a book with your child under a blanket with a flashlight. Have him hold the light steady while you read.</p>	<p>28 Play a game of "Simon Says." Have your child copy your actions (jump, clap, twirl, stomp, etc.)</p>	<p>29 Have a picnic outside (or inside). Name all the items for your picnic while your child puts them inside the basket.</p>
<p>30 Talk! Talk! Talk together!</p>						



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!