




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/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 When outside, lift your child high above your head and say "so big!" Then bring him down and say "whee!" Repeat.</p>	<p>3 Go outside and help your child feel different things like rocks, twigs and leaves. Describe how they feel: smooth, bumpy, rough etc.</p>	<p>4</p> 	<p>5 Purchase a pinwheel toy and either blow it or show your child how it blows in the wind. Listen to the wind, rustle leaves etc.</p>	<p>6 Have your child hold one block in each hand. Then show him how to bang them or clap them together. Clap, clap, clap!</p>	<p>7 Put a small toy or object of interest into your shirt pocket. Ask "Where did it go?" and see if your child will seek it out.</p>	<p>8 Make a house for your child out of couch cushions. Place your child inside. Say "where are you?" or "are you in a house?" etc.</p>
<p>9 Make faces in a large mirror. Swing your child close to the mirror. Say "who's that handsome boy?" or "where's your nose?"</p>	<p>10 With a wind chime or bells, move or shake to produce sound. Encourage your child to copy the movement, and see how he reacts to sound.</p>	<p>11 Read with your child for 15 minutes today.</p>	<p>12 Sing "Twinkle, Twinkle, Little Star" with your child.</p>	<p>13 Attend story time at your local library.</p>	<p>14 Place blocks in a container, one by one, and then dump them out. Your child will want to do this over and over!</p>	<p>15</p> 
<p>16 When saying "hi" or "bye-bye," say the words with animation and wave. Help your child to wave also, each time.</p>	<p>17 With a straw, blow air on different body parts of your child. Say "I'm going to blow on your hand, your leg, your toes..." etc.</p>	<p>18 Show your child how measuring cups nest together—how a small one fits into a larger one.</p>	<p>19 Pretend your child's teddy bear or doll is real. Feed it a cookie, give it a drink, put it to bed, etc.</p>	<p>20 Fill a small bowl with water and explore filling cups, small bottles, scoops, big spoons and funnels together.</p>	<p>21 Talk, talk, talk with your child.</p>	<p>22 Look at pictures of animals and make the corresponding animal sounds with your child.</p>
<p>23 Play some music, and sing along. Clap or click your tongue to the beat. See if your child will copy you!</p>	<p>24 Dance with your child. Sing the "Hokey Pokey" and help your child "put" each body part into the circle.</p>	<p>25 Sing "If You're Happy and You Know It" with your child.</p>	<p>26 Fasten a rattle, or slide a ring toy or teething bracelet on one of your child's legs and see if he will bang his feet to make noise or lift his leg to inspect.</p>	<p>27 Sing "Pop goes the weasel." When you sing the word "pop" coincide it with an action like a clap, falling down, or closing a book. Sing again and repeat.</p>	<p>28 Read a book in a tent with a special snack. A tent can be made by just throwing a blanket over your head. Use a flashlight to look at a book.</p>	<p>29 Sit in front of a table together and stack some blocks or measuring cups. Encourage your child to knock them down. Say "oh no!" or "fall down!"</p>
<p>30 Go to the park and swing together. Place your child on your lap and hold with both arms. See if she likes it; keep it low and help her feel secure.</p>	<p>31 Repeat your favorite activity of the month.</p>					



Yogurt Parfait

Ingredients

1/2 cup vanilla yogurt
1/4 cup diced bananas or berries

Directions

1. Layer yogurt and fruit in a small cup.
2. Sprinkle crushed graham cracker on top.

Makes 2 servings.