
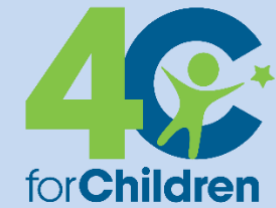


<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>Connect With 4C Resources Online Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit www.4cforchildren.org/parentsources. Social media: Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p> 						<p>1 Teach your child the rhyme "Mary, Mary Quite Contrary."</p>
<p>2 Play the "I spy" game.</p>	<p>3 Celebrate with white cupcakes topped with strawberries and blueberries.</p>	<p>4 March around to some patriotic music.</p>	<p>5 Cut yellow pictures from magazines and make a yellow collage.</p>	<p>6 Use your senses to explore a fragrant flower.</p>	<p>7 Cut triangles out of colored paper. Glue onto white paper to make flower shapes.</p>	<p>8 Pretend to be a flower blooming in the warm summer sunshine.</p>
<p>9 Visit a farmer's market. Choose a new vegetable to try.</p>	<p>10 Practice saying please and thank you to each other.</p>	<p>11 Look at a map to show where your relatives live.</p>	<p>12 Let your child help you make a fruit smoothie.</p>	<p>13 Read a book about gardens, such as "The Tale of Peter Rabbit".</p>	<p>14 Use a watering can to water some plants.</p>	<p>15 Write letters with chalk on a sheet of dark paper.</p>
<p>16 Drop paint onto paper. Fold in half, rub across paper, unfold.</p>	<p>17 String straw sections on shoelaces to make necklaces.</p>	<p>18 Talk about what you can do when you are feeling mad.</p>	<p>19 Go to the library and explore the children's room.</p>	<p>20 Put on your swimming suit and enjoy an indoor beach picnic.</p>	<p>21 Explore a knock knock joke book and make up some of your own.</p>	<p>22 Lay on a blanket outside in the shade and listen to the different noises.</p>
<p>23 Tape two short cardboard tubes together side by side to make a pair of binoculars.</p>	<p>24 Draw on a paper coffee filter with marker then spray with water.</p>	<p>25 Play the "I spy" game.</p>	<p>26 Set up a shoe store with shoes around the house.</p>	<p>27 Freeze a block of water and set it outside to see how long it takes to melt.</p>	<p>28 Make home made play dough.</p>	<p>29 Take a walk and look and look for letters of the alphabet all around you.</p>
<p>30 Have a dance party with your child's favorite music! Craft homemade drums & shakers.</p>	<p>31 Name five things you love about your home.</p>					



Waffle Dippers

Ingredients
 1 frozen waffle, toasted
 ½ cup flavored yogurt
 ¼ cup diced fruit or berries

Directions
 1. Cut toasted waffle into 1-inch strips.
 2. Dip into yogurt.
 3. Serve with fruit.