
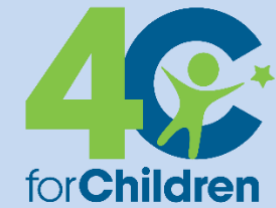


<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p align="center"><b>Connect With 4C Resources Online</b></p> <p><b>Parenting E-newsletter:</b> Sign up for our monthly e-news full of parenting tips! Visit <a href="http://www.4cforchildren.org/parentsources">www.4cforchildren.org/parentsources</a>.</p> <p><b>Social media:</b> Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p> 						<p><b>1</b> Talk about opposites today, such as big and small, soft and hard.</p>
<p><b>2</b> Use sidewalk chalk to make a masterpiece. Be sure your child "signs" their name.</p>	<p><b>3</b> Eat blueberries today. Talk about their size, shape, color and flavor.</p>	<p><b>4</b> Look at a picture of an American flag today. Count the stripes and name all the colors.</p>	<p><b>5</b> Make lemonade with your child.</p>	<p><b>6</b> Give your child a bucket of water and a sponge and let him play outside.</p>	<p><b>7</b> Blow bubbles with your child. Show her how to move her hand so the wind catches the bubbles.</p>	<p><b>8</b> Attend story time at your local library.</p>
<p><b>9</b> Go for a walk, and ask your child "Which way should we go?" "How far?" "Now what?" etc. Let him take the lead.</p>	<p><b>10</b> Gather five or six items and place them in a line on the floor. Then ask your child "Where is the ___?"</p>	<p><b>11</b> Look at a book together and say, "I see a _____. Do you see the _____?" When they point to it, then say, "There it is. You found it!"</p>	<p><b>12</b> Color a sidewalk with sidewalk chalk. Then squirt it with a water gun and watch it transform!</p>	<p><b>13</b> Find time to laugh and move with your family. You can go for a swim, walk, or hike.</p>	<p><b>14</b> Play hide and seek with your child.</p>	<p><b>15</b> You and your child can pretend to be butterflies flying around the yard from flower to flower.</p>
<p><b>16</b> Read with your child for 15 minutes today.</p>	<p><b>17</b> Call out different colors for your toddler to find. You can do this in the car as you drive, while taking a walk, or waiting in line.</p>	<p><b>18</b> Watch the sunset. Ask your child to describe it. Write as she talks and then read the story.</p>	<p><b>19</b> Hide a familiar object under the covers. Have your child pat it and guess what it is.</p>	<p><b>20</b> Allow your child to help you sweep the floor with his own broom.</p>	<p><b>21</b> Sing "The Itsy Bitsy Spider" and do the hand motions with your child.</p>	<p><b>22</b> When walking, play "Stop and go." Practice starting and stopping. Pretend to be cars while you walk or run. Talk about slow and fast.</p>
<p><b>23</b> Make a sandwich for lunch together. Talk about the steps. Give your child a dull or plastic knife for spreading condiments.</p>	<p><b>24</b> Draw different shapes on the sidewalk using chalk. Practice walking inside, outside, and around the shape.</p>	<p><b>25</b> Have a "square" day. Cut out colored squares and glue them down. Find squares in your house or have a square snack (cheese cubes, crackers)</p>	<p><b>26</b> After washing the silverware have your child place the forks and spoons etc, in their corresponding place in the tray or drawer.</p>	<p><b>27</b> When washing your child create lots of bubbles when lathering her hands. Sing the alphabet song while you lather, so she gets in the habit</p>	<p><b>28</b> Call out different colors for your toddler to find. You can do this in the car as you drive, while taking a walk, or waiting in line.</p>	<p><b>29</b> Play hide and seek with your child.</p>
<p><b>30</b> Attend story time at your local library.</p>	<p><b>31</b> Read with your child for 15 minutes today.</p>					



## Waffle Dippers

**Ingredients**  
 1 frozen waffle, toasted  
 1/2 cup flavored yogurt  
 1/4 cup diced fruit or berries

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

# Learn Through Play 2023

# July—Toddler

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