

# Learn Through Play 2023

# August—toddler



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		<b>1</b> Sing "This Little Piggy" to your toddler. Run your fingers up his belly and tickle him when you get to the last toe.	<b>2</b> Play hopping games. Place tape or mats on the floor and have your toddler hop over or on them.	<b>3</b> Fill a small plastic bottle with rice or small beans and let your toddlers shake, shake, shake!	<b>4</b> Provide dress-up materials like tape measures, hats, purses and adult shoes. Toddlers love to pretend to be grown up!	<b>5</b> Collect sticks from different trees. Talk with your toddler about how they look and feel.
<b>6</b> Set up small tubs of water with boats, cups and scoops. Sit with your toddlers while they splash and play in the water.	<b>7</b> Use a clear jar to catch a bug. What does it look like? What's it doing? Release it together.	<b>8</b> Take a walk around the neighborhood. Count the number of birds or squirrels you see.	<b>9</b> Print photos of family members. Glue them to construction paper to make a homemade book.	<b>10</b> Pretend to be different kinds of animals like lions, elephants, chickens, and fish.	<b>11</b> Place a paper plate on an old record player. Turn it on and use markers to make spiral art designs.	<b>12</b> Save those cardboard boxes! It may be a box to you, but a toddler sees trains, planes and automobiles!
<b>13</b> Make a fort using sheets and chairs. Put cushions inside and a basket of books.	<b>14</b> Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing in the wind.	<b>15</b> Paint on the sidewalk with water! Get small bucket of water and paint brushes. Watch them paint over and over again.	<b>16</b> Look in the mirror with your toddler. Have them show you their nose, hair and chin. Talk about what they see.	<b>17</b> Pretend to use blocks as phones. Call each other and have a conversation.	<b>18</b> Draw a line across paper and ask your toddler to draw one too. Try different shapes like circles and triangles.	<b>19</b> Provide your toddler opportunities to throw and kick balls. Have different types of shapes and sizes available.
<b>20</b> Arrange several cushions on the floor for your toddler to crawl over and around.	<b>21</b> Make a "Guessing Box" from a shoe box. Cut a hole in the top. Place small objects inside and have your toddler guess what's inside.	<b>22</b> Create a cozy spot with lots of pillows and a basket of books. Sit with your toddler and read a couple of books.	<b>23</b> Make play dough and give your toddler a variety of tools like rollers, knives, trucks and figurines to use.	<b>24</b> It's never too early to start reading to her. Choose simple picture books and talk about what you see.	<b>25</b> Walk around the neighborhood looking for different types of vehicles. Take pictures and make a book to read later on.	<b>26</b> Fill plastic water bottles with half water and half oil. Add food coloring and put lid on tight.
<b>27</b> Praise your toddler on how good they are at dressing themselves (even if it is on backwards or wrong-side out.)	<b>28</b> Show your toddler you love them by saying hello with a big hug when you come home!	<b>29</b> Provide space and real tools for your toddlers to dig. Talk to them about their hard work and offer to help!	<b>30</b> Use coffee filters, markers and pipe cleaners to make big, bright flowers.	<b>31</b> Take a walk around the neighborhood. Count the number of birds or squirrels you see.		

## Activity

**Rice Pudding Ingredients**  
 2 ½ cups 1% milk  
 2 ¼ cups long-grain white rice  
 ¼ cup raisins  
 ¼ tsp salt  
 ¼ cup brown (or white) sugar  
 1 tsp vanilla extract  
 ¼ tsp cinnamon

**Directions**  
 1. In a medium-sized pot, combine milk, rice, raisins and salt.  
 2. Bring pot to a boil. Lower heat and cook for 15 minutes. Stir every 3 minutes.  
 3. Add sugar, vanilla extract, and cinnamon. Mix well.  
 4. Cook over low heat for 5 minutes.  
 5. Serve hot or refrigerate and serve cold.

### Connect With 4C Resources Online

**Parenting E-newsletter:** Sign up for our monthly e-news full of parenting tips! Visit [www.4cforchildren.org/parentsources](http://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.



