

# Learn Through Play 2023

# September—Infant

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><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> Set up a mirror for your baby to see herself while she plays on the floor. Watch her responses!</p>	<p><b>2</b> Spin a top or wind a wind-up toy. Watch for baby to respond, say "Go?" and then repeat.</p>
<p><b>3</b> Play a clapping game with your baby. Hit two blocks together and see if your baby will copy you.</p>	<p><b>4</b> Make a puppet or use a sock and talk or sing to your baby.</p>	<p><b>5</b> Blow bubbles and encourage your baby reach for them.</p>	<p><b>6</b> READ! READ! READ with your baby!</p>	<p><b>7</b> Give baby a gentle massage and tell what you love about her.</p>	<p><b>8</b> Go to a park and slide down a slide together. Hold on tight...wheee!</p>	<p><b>9</b> Encourage your baby (6 months+) to try drinking from a regular cup...the earlier the better.</p>
<p><b>10</b> Take a walk outside and point out all the things that you see. Explore your neighborhood or yard.</p>	<p><b>11</b> Put a toy in a container. Show your baby the item and then dump it out. Repeat. Say "in" and "out" during activity.</p>	<p><b>12</b> Show your baby a picture of an animal and make the sound</p>	<p><b>13</b> Hide a toy that makes noise and turn it on. See if your baby will search out the sound.</p>	<p><b>14</b> While carrying your child, move fast, dance to music or move in a circle. Say words like "whee" or "spin."</p>	<p><b>15</b> Place a favorite toy under a blanket or pillow. See if your baby can find it.</p>	<p><b>16</b> Play a finger song game like "Five Little Monkeys."</p>
<p><b>17</b> Walk outside today, explore the grass, sit and let your baby feel and pull with his hands.</p>	<p><b>18</b> Have a family picnic outside. Don't forget the sunscreen.</p>	<p><b>19</b> Praise your baby when she has achieved something. This boosts her trust and self confidence.</p>	<p><b>20</b> READ! READ! READ with your baby!</p>	<p><b>21</b> When holding a toy, accidentally drop it. Say, "Oops!" and point to where it went and say, "Fell down!"</p>	<p><b>22</b> When the family dinner is cooking, talk about the smells and what is cooking.</p>	<p><b>23</b> Offer your child a basket full of soft toys. Show her how to dump them out and load them up again.</p>
<p><b>24</b> Be silly today. Put a box on your head and see if your child can reach to get it off.</p>	<p><b>25</b> Hang large pictures of the family at your child's eye level. Talk to her about who she is looking at.</p>	<p><b>26</b> Fasten bells to your child's socks/booties. Your child will learn he has control over the sound.</p>	<p><b>27</b> Take your child to the grocery store. Let her smell the different fruits and feel the different textures.</p>	<p><b>28</b> What was your favorite activity this month? Do that activity again.</p>	<p><b>29</b> Go to a park and slide down a slide together. Hold on tight...wheee!</p>	<p><b>30</b> Attend a story time at your local library.</p>



## Activity: DIY Aquarium

Materials:  
Water Bottle  
Sand  
Small Ocean Creature Toys  
Blue Food Coloring

1. Combine Water and blue food coloring in bottle, shake until mixed.
2. Add 2 inches worth of sand to the bottle and let it settle at the bottom.
3. Add in your ocean creatures and seal the bottle.
4. Your child now has a portable aquarium wherever they go!

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