

Learn Through Play 2023

November—infant

<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</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>1 Cover your face with a cloth or blanket and hide. Say "Where did I go?" Uncover and say, "Here I am!"</p>	<p>2 Hold your child and look into a mirror together. Talk, make faces, name body parts, make sounds, enjoy!</p>	<p>3 Look at pictures of animals and make the animal sounds with your child.</p>	<p>4 Put lots of different hats in a box, then put them on your child. Say "hat on, hat off."</p>
<p>5 Hold your child. Make funny faces and have your child touch your face and label nose, eyes, mouth, etc</p>	<p>6 Stack Kleenex boxes with your child and show them how to knock them down. See if they will help stack and repeat.</p>	<p>7 Lift your child's arms high over their head and say, "So big!" Bring their arms down and repeat!</p>	<p>8 Help your child to turn lights on and off. Say "on" and "off" and watch their reactions.</p>	<p>9 Imitate your child's sounds. Pause and see if they will try to imitate you. Use expressions and gestures and see if they will imitate also.</p>	<p>10 Massage feet and hands and count each toe/finger. Clap feet or hands together and sing rhymes!</p>	<p>11 When saying "hi" or "bye-bye," say the words with animation and wave. Help your child to wave also.</p>
<p>12 With two colored pieces of fabric, wave your arms back and forth and make them "fly."</p>	<p>13 Fill a two-liter bottle with water, glitter, confetti and buttons, and seal well. Shake and swirl, then let your child watch how they settle.</p>	<p>14 Tie a soft rattle or bells around your child's wrist or ankle and encourage them to shake.</p>	<p>15 Put a sock on one of your child's hands and encourage them to remove. Try the other side also.</p>	<p>16 Sing to your child when washing their face and hands or when bathing: "This is the way we wash our hands."</p>	<p>17 Encourage your child to grasp a rattle or another toy. Once mastered hold it a bit out of their reach and see if they will move to grasp.</p>	<p>18 Play a clapping game with your child. Sing or just say "clap, clap, clap." Or give them two blocks to hit together!</p>
<p>19 Make sounds like "ba ba" or "da-da" and see if they will copy. Sing these sounds to the tune of "Row your boat."</p>	<p>20 Talk through a paper tube to your child. See if they will talk back. This will encourage lots of babbling, as they like hearing their voice at this age!</p>	<p>21 Encourage your child (6 months or older) to try drinking from a regular cup.</p>	<p>22 Place blocks into a pot. Help your child stir with a wooden spoon and "cook" the blocks.</p>	<p>23 Look at a picture book together. Talk softly and label each picture and point to it.</p>	<p>24 When your child is playing by banging or shaking or making sounds, copy what they are doing</p>	<p>25 Make homemade baby food for your child (6 months or older).</p>
<p>26 Place a toy that makes sound within a child's reach. Move the toy and wait for them to re-locate.</p>	<p>27 Give your child a beanbag to explore. Encourage them to throw it. Toss it back into their lap.</p>	<p>28 Carry your child around your home and talk about what you see.</p>	<p>29 Look at pictures of animals and make the animal sounds with your child.</p>	<p>30 Read to your baby!</p>		



Family Tree Activity

Materials:
Paper
Black Marker
Paint

- How To:
1. Draw the outline of a tree on the paper.
 2. Have each family member dip their hand in paint and "stamp" the paper making a leaf handprint.
 3. Have your child do the same and put their hand print at the base of the tree.