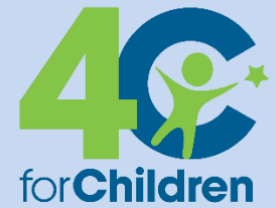


Learn Through Play 2023

December—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 Make a brag book for your child. Include pictures of all family members. Point at pictures and say their names.</p>	<p>2 Pretend your child's teddy bear or doll is real: feed them a cookie, give them a drink, put them to bed etc.</p>
<p>3 Play a game where you and baby can chase each other by crawling or walking.</p>	<p>4 Partially hide a toy behind a blanket or object and let baby look for it.</p>	<p>5 Place blocks in a container, one by one, and then dump them out. Dump and fill! They will do this over and over.</p>	<p>6 Show baby pictures of items in a book or magazine that he can find around the house.</p>	<p>7 Imitate your baby's facial expressions and sounds. This is how babies communicate.</p>	<p>8 Lay baby on her back and hold a toy above her so she can reach for it.</p>	<p>9 Kiss your child on one cheek then the other, then the back of the neck, on the legs, feet, etc.</p>
<p>10 Help baby experiment with sound. Gently pat baby's mouth while she is babbling.</p>	<p>11 Sing the featured rhymes together for this month: "Pat-a-cake" and "Here is the bee-hive."</p>	<p>12 Turn the music on and dance! Hold your child's arm and move to the music, dip them, twirl them, bounce. Enjoy!</p>	<p>13 Turn the music on and dance! Hold your child's arm and move to the music, dip them, twirl them, bounce. Enjoy!</p>	<p>14 Call grandma or grandpa or another family member. Let your child listen and "talk" on the phone with them.</p>	<p>15 Give your child a teething biscuit to try to eat on their own when ready. Say, "Mmmm, good cookie."</p>	<p>16 Set up a mirror for your child to see themselves while they play on the floor. Watch their responses to their image.</p>
<p>17 Make a color shaker, using a clear bottle such as a vitamin bottle. Fill with water, sequins, glitter, etc. Seal and glue lid. Encourage your child to shake.</p>	<p>18 While you are cooking, tell baby what you are making and have baby smell the ingredients.</p>	<p>19 Carry baby while looking in the fridge or kitchen cabinets and talk to him about what's inside.</p>	<p>20 When your child is on the floor, crawl around them on your hands and knees and talk to them. This is also lots of fun once they are mobile.</p>	<p>21 Experiment with new sounds and see if your baby will copy you (try clicking with your tongue, smacking your lips, blowing bubbles with saliva, gurgling etc.)</p>	<p>22 Make a snow angel with your little one, dressed in their snowsuit, hat and mittens. Take a picture for a keepsake.</p>	<p>23 Experiment with a straw and blow air on baby's hands, feet and tummy. Tell baby what you're doing and how it feels.</p>
<p>24 Sing to your child when washing their face and hands or when bathing. "This is the way we wash our hands ..."</p>	<p>25 Make a puppet or stuffed animal (or even a sock) talk or sing to your child. This is especially handy if you are waiting somewhere.</p>	<p>26 Softly play a classical tune as you put baby to sleep. You can borrow CDs from your local library.</p>	<p>27 Tickle your child. Name their body parts as you tickle. See if you can get them to smile, giggle and laugh. Precious!</p>	<p>28 When grocery shopping, point out different items and name them. Let your child feel or hold different (safe) items while they are in the cart.</p>	<p>29 Imitate your baby's facial expressions and sounds. This is how babies communicate.</p>	<p>30 Partially hide a toy behind a blanket or object and let baby look for it.</p>
<p>31 Lay baby on her back and hold a toy above her so she can reach for it.</p>						



Homemade ice cream

Milk can become homemade ice cream in five minutes! Have each child make a serving equal to one scoop of ice cream.

What you'll need:

- 1 tablespoon sugar
- 1/2 cup milk or half and half
- 1/4 teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint-size plastic food storage bag (e.g., Ziploc)
- 1 gallon-size plastic food storage bag
- Ice cubes

Instructions:

1. Fill the large bag half full of ice, and add the rock salt. Seal the bag.
2. Put milk, vanilla, and sugar into the small bag, and seal it.
3. Place the small bag inside the large one, and seal it again carefully.
4. Shake until the mixture is ice cream, which takes about 5 minutes.

Wipe off the top of the small bag, and then open it carefully. Enjoy!