

Learn Through Play 2023

December—preschool

<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 Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit 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.</p>					<p>1 Sing the song "Old McDonald."</p>	<p>2 Walk through the produce section of the grocery store and look for orange fruits and vegetables.</p>
<p>3 Place popcorn kernels in a bowl for your child to measure and count.</p>	<p>4 Invite a friend to dinner.</p>	<p>5 Talk to your child about the four seasons. Ask your child what season they like the best and why.</p>	<p>6 Sort leaves by shapes.</p>	<p>7 Eat carrots and potatoes, while talking about root vegetables.</p>	<p>8 Visit the library and check out books about winter.</p>	<p>9 Cut out different-sized circles. Have your child arrange them from smallest to largest.</p>
<p>10 Make a bookmark today.</p>	<p>11 Have your child help you sort the silverware.</p>	<p>12 Listen to violin music as you talk about the letter V.</p>	<p>13 Help your child count the characters in his or her favorite book.</p>	<p>14 Walk around and jump into the snow.</p>	<p>15 Turn off the TV. Read together as a family!</p>	<p>16 Gather books you no longer read and donate them.</p>
<p>17 Look through cookbooks with your child and find recipes you can make together.</p>	<p>18 Make a pile of shoes. Have your child find the matching pairs.</p>	<p>19 Learn about owls and what nocturnal means.</p>	<p>20 When doing laundry, have your child help fold washcloths.</p>	<p>21 Cut out different shapes and help your child make a shape collage.</p>	<p>22 Help your child follow two directions given at the same time. "Can you get the ball and roll it to me?"</p>	<p>23 Encourage your child to unwrap gifts on their own, and ask them for help to unwrap your gifts also. Boxes and papers are fun to play with afterwards!</p>
<p>24 Make up a rhyme about the people in your family.</p>	<p>25 Talk about snowflakes—no two are alike!</p>	<p>26 Make a puppet or stuffed animal (or even a sock!) talk or sing to your child.</p>	<p>27 Color with your child! Allow them to scribble. Show them how to draw circles and lines.</p>	<p>28 Gather up greeting cards and look at them together. Label the pictures and talk about emotions.</p>	<p>29 Visit the library and check out books about snow.</p>	<p>30 Teach your child his phone number.</p>
<p>31 Go for a nature walk and talk about winter.</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!