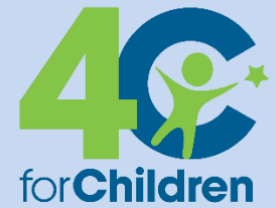


Learn Through Play 2023

December—toddler

<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 When taking toys out of a toy box, name them and place in front of your child.</p>	<p>4 Set a box or basket on its side and roll a ball into it. Make a stack of blocks and roll the ball to knock them over.</p>	<p>5 Place blocks in a container, one by one, and then dump them out again. Children will do this over and over!</p>	<p>6 Show your toddler pictures of items in a book or magazine that he can find around the house.</p>	<p>7 Build a tower of blocks with your child. See if they can stack and balance more than five blocks.</p>	<p>8 Make some rolled-up sock "balls" and encourage your child to throw them into a basket or a box. See how far they can stand back to hit the target.</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 Place a broom on the floor and encourage your child to step or jump over the handle as well as the bristles.</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 Visit the library and check out books about winter.</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 Cut a card or a cereal box picture into three or four pieces and see if your child can put it back together.</p>	<p>16 Listen to music together and allow your child to tap a wooden spoon on a pail or bowl in rhythm to the music.</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 Let your child put on bigger shoes or slippers and try walking around in them. Say, "look what a big girl/boy!"</p>	<p>19 When doing laundry, have your child help fold washcloths.</p>	<p>20 When your child is on the floor, crawl around them on your hands and knees and talk to them.</p>	<p>21 Create a special maze with blocks or books. Have your child drive a toy car through from one side to the other.</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 Dance the "Hokey Pokey" with your child! Show them how to put the different parts "in" when you sing about each part.</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.</p>	<p>26 Color with your child! Allow them to scribble. Show them how to draw circles and lines.</p>	<p>27 When you and your child walk up or down stairs, count them as you go!</p>	<p>28 Kiss your child on one cheek then the other, then the back of the neck, on the legs, feet, etc.</p>	<p>29 Visit the library and check out books about snow.</p>	<p>30 When doing laundry, have your child help fold washcloths.</p>
<p>31 Try a new fruit or vegetable with your child at lunch today.</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!