

Learn Through Play 2024

May—infant

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
4C for Children Additional Resources Sign up for our monthly Family Source e-newsletter at 4cforchildren.org/newsletter-sign-up/ for hot topics and resources. Plus, search 4C for Children on your favorite social media sites for more tips and information.    			1 Hide a toy that makes noise and turn it on. See if your baby will search out the sound.	2 Roll a ball or a toy car to your baby and see if she will reach out to grab it or eventually roll back to you.	3 Look at a picture book together when your baby is cuddled on your lap. Talk softly, label each picture, and point to it.	4 When your baby is ready, put squeezable items such as sponges in the bathtub and let your baby play with them.
5 Blow bubbles so your baby can watch them. When the bubbles pop, say "pop!" Be careful of eyes, try to blow near his hand	6 While carrying your child, move fast, dance to music or move in a circle. Say words like "whee" or "spin" while moving.	7 Stack some blocks or small boxes. Roll a ball and knock them over. Stack again and see if your baby will try to roll the ball.	8 When your baby is ready, encourage her to try drinking from a regular cup. Once she has mastered that, try a straw cup or sippy cup.	9 Sing to your baby when washing his face and hands. "This is the way we wash our hands, wash our hands, wash our hands..."	10 Take a walk outside and point out all the things that you see.	11 Set up a mirror for your baby to see herself while she plays on the floor. Watch her response to her image.
12 Show your baby a picture of an animal and make the sound.	13 Scatter small stuffed animals on the floor and encourage your baby to crawl after them and put in a basket.	14 Play a game of peek-a-boo with your baby.	15 READ! READ! READ with your baby!	16 While listening to music, dance with your baby.	17 Talk about feelings with your baby. For example: You are happy right now, your face tells me you are sad, etc.	18 TALK!TALK! TALK with your baby!
19 Place a favorite toy under a blanket or pillow. See if your baby can find it.	20 Lay your baby on a blanket outside. Watch birds fly by and count them out loud. Listen to the sounds they make.	21 Give your baby lots of kisses! Butterfly kisses, Eskimo kisses...	22 Go to a park and slide down a slide together. Hold on tight...wheee!	23 Praise your baby when she has achieved something. This boosts her trust and self-confidence.	24 Play a finger song game like "Five Little Monkeys."	25 Walk outside today, Explore the grass, sit and let your baby feel and pull with his hands.
26 Have a family picnic outside. Don't forget sunscreen!	27 Attend story time at your local library.	28 Massage your baby's feet and hands and count each toe/finger. Clap her feet or hands together and sing rhymes!	29 Go back and repeat the activities you enjoyed this month.	30 Play a game of peek-a-boo with your baby.	31 Play a game of peek-a-boo with your baby.	



Activity

Touchy Feely Box

Materials:

-Shoebox
-Shells, pinecones, rocks, feathers, etc.

Directions:

Place items in box. Leave the lid off.

Help your child put their hand in the box and touch an object.

Describe the way the item feels to your child.

Use descriptive words such as hard, soft, smooth, rough or bumpy.