


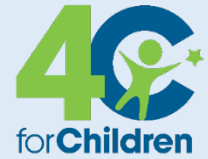


Learn Through Play 2024

July—toddler

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1 Talk about opposites today, such as big and small, soft and hard.	2 Use sidewalk chalk to make a masterpiece. Be sure your child "signs" their name.	3 Eat blueberries today. Talk about their size, shape, color and flavor.	4 Look at a picture of an American flag today. Count the stripes and name all the colors.	5 Make lemonade with your child.	6 Give your child a bucket of water and a sponge and let them play outside.
7 Blow bubbles with your child. Show them how to move their hand so the wind catches the bubbles.	8 Attend story time at your local library.	9 Go for a walk, and ask your child "Which way should we go?" "How far?" "Now what?" etc. Let them take the lead.	10 Gather five or six items and place them in a line on the floor. Then ask your child "Where is the ___?"	11 Look at a book together and say, "I see a _____. Do you see the _____?" When they point to it, then say, "There it is. You found it!"	12 Color a sidewalk with sidewalk chalk. Then squirt it with a water gun and watch it transform!	13 Find time to laugh and move with your family. You can go for a swim, walk or hike.
14 Play hide and seek with your child.	15 You and your child can pretend to be butterflies flying around the yard from flower to flower.	16 Read with your child for 15 minutes today.	17 Call out different colors for your toddler to find. You can do this in the car as you drive, while taking a walk, or waiting in line.	18 Watch the sunset. Ask your child to describe it. Write as they talk and then read the story.	19 Hide a familiar object under the covers. Have your child pat it and guess what it is.	20 Allow your child to help you sweep the floor with their own broom.
21 Sing "The Itsy Bitsy Spider" and do the hand motions with your child.	22 When walking, play "stop and go." Practice starting and stopping. Pretend to be cars while you walk or run. Talk about slow and fast.	23 Make a sandwich for lunch together. Talk about the steps. Give your child a dull or plastic knife for spreading condiments.	24 Draw different shapes on the sidewalk using chalk. Practice walking inside, outside and around the shape.	25 Have a "square" day. Cut out colored squares and glue them down. Find squares in your house or have a square snack (cheese cubes, crackers).	26 After washing silverware, have your child place the forks and spoons etc., in their corresponding place in the tray or drawer.	27 When washing your child, create lots of bubbles when lathering their hands. Sing the alphabet song while you lather, so they get in the habit of scrubbing.
28 Read with your child for 15 minutes today.	29 Have a dance party while cooking dinner.	30 Blow bubbles outside. Talk about the different sizes of the bubbles.	31 Repeat your favorite activity of the month.	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. <div style="display: flex; justify-content: center; gap: 10px; margin-top: 5px;">     </div>		



Activity:

Waffle Dippers

Ingredients

- 1 frozen waffle, toasted**
- 1/2 cup flavored yogurt**
- 1/4 cup diced fruit or berries**

Directions

- 1. Cut toasted waffle into 1-inch strips.**
- 2. Dip into yogurt.**
- 3. Serve with fruit.**