




# Learn Through Play 2025

# July - Infant

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<div> <b>Activity</b></div>
		<b>1</b> Give your child an ice cube to experiment with on a flat surface. Will she pick it up? Try eating it? Play with it until it melts? Supervise!	<b>2</b> When outside, lift your child high above your head and say "so big!" Then bring him down and say "wheel!" Repeat.	<b>3</b> Go outside and help your child feel different things like rocks, twigs and leaves. Describe how they feel: smooth, bumpy, rough, etc.	<b>4</b> Get a pinwheel toy and either blow it or show your child how it blows in the wind. Listen to the wind, rustle leaves, etc.	<b>5</b> Have your child hold a block in each hand. Then show him how to bang them or clap them together. Clap, clap, clap!	
<b>6</b> Put a small toy or object of interest into your shirt pocket. Ask "Where did it go?" and see if your child look for it.	<b>7</b> Make a house for your child out of couch cushions. Place your child inside. Say "where are you?" or "are you in a house?"	<b>8</b> Make faces in a large mirror. Swing your child close to the mirror. Say "who's that handsome boy?" or "where's your nose?"	<b>9</b> With a wind chime or bells, move or shake them. Encourage your child to copy the movement and see how he reacts.	<b>10</b> Read with your child for 15 minutes today.	<b>11</b> Place blocks in a container, one by one, and then dump them out.	<b>12</b> Sing "Twinkle, Twinkle Little Star" to your baby.	
<b>13</b> When saying "hi" or "bye-bye," say the words and wave. Help your child to wave each time.	<b>14</b> Attend story time at your local library.	<b>15</b> Pretend your child's teddy bear is real. Help your child make a bottle for it and rock it to sleep.	<b>16</b> Show your child how measuring cups nest together—how a small one fits into a larger one.	<b>17</b> Fill a small bowl with water and explore filling cups, small bottles, scoops, big spoons and funnels.	<b>18</b> Talk, talk, talk with your child.	<b>19</b> Look at pictures of animals and make the corresponding animal sounds with your child.	
<b>20</b> Play some music and sing along. Clap or click your tongue to the beat. See if your child will copy you!	<b>21</b> Stack some blocks or measuring cups. Encourage your child to knock them down. Say "oh no!" or "fall down!"	<b>22</b> Sing "If You're Happy and You Know It" with your child.	<b>23</b> Sing "Pop goes the weasel." When you sing the word "pop" coincide it with a clap, falling down, or closing a book. Repeat.	<b>24</b> Read a book in a tent with a special snack. A tent can be made by just throwing a blanket over your head. Use a flashlight to read.	<b>25</b> Point to your child's body parts and name them.	<b>26</b> Go to the park and swing together. Place your child on your lap and hold with both arms. See if she likes it; keep it low and help her feel secure.	
<b>27</b> Do the activity that you can find on the right side of the calendar.	<b>28</b> Count baby's fingers and toes out loud and touch each one as you count them.	<b>29</b> Put a mirror in front of baby while doing "tummy time." Baby loves to see her face.	<b>30</b> Take a walk outside and point to objects and name them for baby.	<b>31</b> Repeat your favorite activity of the month.	<div><b>Connect With 4C Resources Online</b> Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit <a href="http://www.4cforchildren.org/parentsources">www.4cforchildren.org/parentsources</a>. Social media: Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</div> <div></div>		

Waffle Dippers

Ingredients:

1 frozen waffled, toasted

½ cup flavored yogurt

½ cup diced fruit or berries

Directions:

Cut toasted waffle into 1-inch strips.

Dip in yogurt.

Serve with fruit.

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