


Learn Through Play 2025

August - toddler

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <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, X, YouTube and Instagram! Just search for 4C for Children on your favorite social site.</p>					<p>1 Sing "This Little Piggy" to your toddler. Run your fingers up his belly and tickle him when you get to the last toe.</p>	<p>2 Play hopping games. Place tape or mats on the floor and have your toddler hop over or on them.</p>
<p>Activity</p>						
<p>3 Fill a small plastic bottle with rice or small beans and let your toddler shake, shake, shake!</p>	<p>4 Provide dress up materials like tape measures, hats, purses and shoes. Toddlers love to pretend to be grown-up.</p>	<p>5 Collect sticks from different trees. Talk with your child about they look and feel.</p>	<p>6 Set up small tubs of water with boats, cups and scoops. Sit with your toddler while they splash and play in the water.</p>	<p>7 Print photos of family members. Glue them to construction paper to make a homemade book.</p>	<p>8 Pretend to be different kinds of animals like lions, elephants, chickens and fish.</p>	<p>9 Take a walk around the neighborhood. Count the number of birds and squirrels you see.</p>
<p>10 Use a clear jar to catch a bug. What does it look like. What's it doing? Release it together.</p>	<p>11 Place a paper plate on an old record player. Turn it on and use markers to make spiral art.</p>	<p>12 Save those cardboard boxes. It may be a box to you, but a toddler sees it as a train, plane or automobile.</p>	<p>13 Make a fort using sheets and chairs. Put cushions on the inside and a book basket.</p>	<p>14 Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing in the wind.</p>	<p>15 Paint the sidewalk with water! Get a small bucket of water and paintbrushes. Watch them paint over and over.</p>	<p>16 Look in the mirror with your toddler. Have them show you their nose, hair and chin. Talk about what you see.</p>
<p>17 Pretend to use blocks as phones. Call each other and have a conversation.</p>	<p>18 Draw a line across paper and ask your toddler to draw one too. Try different shapes like circles and triangles.</p>	<p>19 Provide opportunities to throw and kick balls. Have different types of shapes and sizes available.</p>	<p>20 Make a "Guessing Box" from a shoe box. Put a hole in the top. Place small objects inside and have them guess what's inside.</p>	<p>21 Create a cozy spot with lots of pillows and a basket of books. Sit with your toddler and read a couple of books.</p>	<p>22 Make play dough and give your toddler a variety of tools like rollers, knives, trucks and figurines to use.</p>	<p>23 Visit the library, check out some books to take home about teddy bears.</p>
<p>24/31 Read to your child. Allow them to pick the books and cuddle up and enjoy. /Repeat your favorite activity</p>	<p>25 Walk around the neighborhood looking for different types of vehicles. Take pictures and make a book to read later.</p>	<p>26 Fill plastic a water bottle with half water and half cooking oil. Add food coloring and put the lid on tight. Have your toddler shake and roll the bottle.</p>	<p>27 Praise your toddler on how good they are at dressing themselves.</p>	<p>28 Show your toddler how much you love them by saying hello with a big hug when you come home!</p>	<p>29 Use coffee filters, markers and pipe cleaners to make big bright flowers.</p>	<p>30 Blow bubbles outside with your toddler.</p>
<p>Rice Pudding</p> <p>Ingredients 2 ½ cups 1% milk 2 ¼ cups long-grain white rice ¼ cup raisins ¼ tsp salt ¼ cup brown (or white) sugar 1 tsp vanilla extract ¼ tsp cinnamon</p> <p>Directions 1. In a medium-sized pot, combine milk, rice, raisins and salt. 2. Bring pot to a boil. Lower heat and cook for 15 minutes. Stir every 3 minutes. 3. Add sugar, vanilla extract and cinnamon. Mix well. 4. Cook over low heat for 5 minutes. 5. Serve hot or refrigerate and serve cold.</p>						

