

Learn Through Play 2025

October—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 Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing in the wind.	2 Play a game where you and baby can chase each other by crawling or walking.	3 Choose a light, breezy scarf for your child to dance with. Encourage them to wave the scarf through the air to the beat of the music.	4 Partially hide a toy behind a blanket or object and let baby look for it.	
5 Whip up your favorite pancake recipe. Have your child decorate with blueberries or M&Ms and enjoy!	6 Place blocks in a container, one by one, and then dump them out. Dump and fill, they will do this repeatedly!	7 Blow bubbles and encourage your baby to reach for them.	8 Imitate your baby's facial expressions and sounds. This is how babies communicate.	9 Make circle prints. Put some tempera paint on a plate. Use circle lids of different sizes to dip and paint a picture of a pumpkin.	10 Lay baby on her back and hold a toy above her so she can reach for it.	11 Visit the library and check out books about fall.	Sweet potato and apple purée Ingredients: 1 sweet potato, peeled and cubed 1 apple (like Gala or Fuji), peeled, cored and diced A pinch of cinnamon (optional, for infants who have already tried individual ingredients) Water Instructions: Place the cubed sweet potato in a saucepan and add enough water to cover. Simmer for about 15 minutes, until tender. Add the diced apple and a little more water if needed and continue simmering until both are very soft. Remove from heat and let cool. Mash with a fork or blend until smooth, adding water as needed for consistency.
12 Kiss your child on one cheek then the other, then back of neck, on the legs and feet, etc.	13 Put dots on a paper and have your child place a cheerio on each dot. Or string cheerios onto a pipe cleaner to make bracelets.	14 Help baby experiment with sound. Gently pat baby's mouth while she is babbling.	15 Make a color shaker using a clear bottle. Fill with water, sequins, glitter, etc. Seal the lid with glue. Shake away!	16 Give your child words for their feelings. "You must be feeling very happy today!" Make happy, sad and mad faces in a mirror together.	17 While you are cooking, tell baby what you are making and have baby smell the ingredients.	18 Carry baby while looking in the fridge or kitchen cabinets and talk to him about what's inside.	
19 While cooking, tell baby what you are making and have baby smell the ingredients.	20 Read a book in a silly voice.	21 Show baby pictures of items in a book or magazine that he can find around the house.	22 When your baby is on the floor, crawl around with them on your hands and knees and talk to them.	23 When holding a toy, accidentally drop it. Say, "Oops!" and point to where it went and say, "Fell down!"	24 Cut a hole in a lid or container. Get your child to put in different toys through the hole. Dump them out.	25 Try a new fruit or vegetable with baby at lunch today.	
26 Experiment with a straw and blow air on baby's hand, feet and tummy. Tell your baby what you're doing and how it feels.	27 Count out 10 pretzels with your child, then eat them for a snack.	28 Sing to your child when washing their face and hands or when bathing. "This is the way we wash our hands, wash our hands..."	29 Make a puppet, stuffed animal or even a sock talk or sing to your child. This is handy when you are waiting somewhere.	30 Experiment with new sounds and see if baby will copy you. (try clicking with your tongue, smacking your lips or blowing bubbles)	31 Read, Read, Read!		