

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	 <b>Cinnamon Sugar Baked Apple Slices</b> <b>Ingredients:</b> Apples Sugar Cinnamon Gallon Freezer Bag Salt <b>Directions:</b> Cut apples into ¼ inch slices. Combine enough sugar and cinnamon to coat the apples in a gallon freezer bag or bowl. Add a pinch of salt to the mixture. Toss the apples until they are coated on both sides. Layer apples on a cookie sheet and bake at 350 degrees for 20-25 minutes. Let cool and enjoy!
<b>4C for Children Additional Resources</b> Sign up for our monthly Family Source e-newsletter at <a href="https://4cforchildren.org/newsletter-sign-up/">4cforchildren.org/newsletter-sign-up/</a> for hot topics and resources. Plus, search 4C for Children on your favorite social media sites for more tips and information.    			<b>1</b> Go on a nature scavenger hunt in your backyard or the park. Collect leaves, sticks and acorns, then sort them by color and size.	<b>2</b> Make leaf rubbings by placing different leaves under a sheet of paper and rub a crayon over them to reveal the texture.	<b>3</b> Create your own art by gluing your collected leaves onto paper.	<b>4</b> Fill a container with dry pasta, acorns and pinecones. Provide your child with small scoops and bowls for sorting and pouring.	
<b>5</b> Whip up your favorite pancake recipe. Have your child decorate with blueberries or M&Ms and enjoy!	<b>6</b> Have a special them day, like a “yellow day” where you wear all yellow and only eat yellow foods.	<b>7</b> Go outside and practice different ways of moving, such as running in a zigzag, hopping like a bunny or playing “stop and go.”	<b>8</b> Draw outside on sidewalk with chalk. Practice drawing circles.	<b>9</b> Make a simple treat with your child like apple or pumpkin muffins. Allow your child to help measure, stir and taste test.	<b>10</b> Enjoy a healthy snack of apple slices and peanut butter or yogurt and talk about the different colors, flavors and textures.	<b>11</b> Visit the library and check out books about fall.	
<b>12</b> Give your child cups and bowls to pour water back and forth in the bathtub.	<b>13</b> 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.	<b>14</b> Go on a bug or scavenger hunt to discover new sights and sounds.	<b>15</b> Use painters’ tape or masking tape to create a road on the floor for your child to push cars back and forth on.	<b>16</b> Cut apples in half and dip them in paint to make apple prints.	<b>17</b> Practice writing the letter “A” with your finger in shaving cream or bath foam while in the bathtub.	<b>18</b> Play “Simon Says” and have your child copy simple instructions like clapping, jumping or stomping.	
<b>19</b> While cooking, tell child what you are making and have them smell the ingredients.	<b>20</b> Play music and dance, trying different moves like twirling, dipping, or bouncing.	<b>21</b> Show your child pictures of items in a book or magazine that he can find around the house.	<b>22</b> Practice counting objects outside like birds, windows, flowers, etc.	<b>23</b> Have your child help you fold the laundry, try matching socks or folding washcloths.	<b>24</b> Call a family member or friend and allow your child to talk on the phone with them.	<b>25</b> Try a new fruit or vegetables with your child at lunch today.	
<b>26</b> Cut up a picture from a card or cereal box into a few pieces and help your child put it back together.	<b>27</b> Count out 10 pretzels with your child, then eat them for a snack.	<b>28</b> Sing to your child when washing their face and hands or when bathing. “This is the way we wash our hands, wash our hands...”	<b>29</b> Read, Read, Read!	<b>30</b> Create a jack-o-lantern out of coffee filters, use markers to decorate and then spray with a water bottle and watch the colors blend.	<b>31</b> Have a mini-Halloween party. Put on costumes, play some not-so-spooky music and eat seasonal snacks.		