

# Learn Through Play 2025

# October—toddler

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	
<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> Sing the alphabet song and emphasize the first letter of your child's name.	<b>2</b> Go on a scavenger hunt and look for different textures, like pinecones, rocks or feathers. Describe what the objects feel like.	<b>3</b> Practice manners with your child, say "please" and "thank you" often to your child and encourage them to say it as well.	<b>4</b> Make different faces in the mirror together and talk about the feelings they represent.	
<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 circle prints. Put some tempera paint on a plate. Use circle lids of different sizes to dip and paint a picture of a pumpkin.	<b>10</b> Roll a ball to knock over a stack of blocks or into a basket.	<b>11</b> Visit the library and check out books about fall.	<b>Sweet potato and apple purée</b>  <b>Ingredients:</b> 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  <b>Instructions:</b> 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.
<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 painter's tape or masking tape to create a road for a child to push cars back and forth on.	<b>16</b> Go outside and look for shadows.	<b>17</b> Tear newspapers or junk mail into strips and make balls to toss into a basket.	<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> Mix different cereals or crackers and have your child sort them.	<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 vegetable 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..."	<b>29</b> Make a puppet, stuffed animal or even a sock talk or sing to your child. This is handy when you are waiting somewhere.	<b>30</b> Let your child paint with a paintbrush and water on the sidewalk.	<b>31</b> Read, Read, Read!		