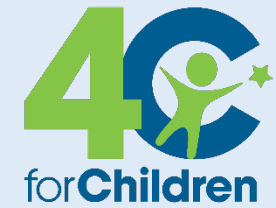


# Learn Through Play 2026

# April—infant

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><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.4forchildren.org/parentsources">www.4forchildren.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.</p>			<p><b>1</b> Set up a mirror for your baby to see herself while she plays on the floor. Watch her responses.</p>	<p><b>2</b> Go outside and help your child feel different things like rocks, twigs and leaves. Describe how they feel: smooth, bumpy, rough, etc.</p>	<p><b>3</b> Purchase a pinwheel toy and either blow it or show your child how it blows in the wind. Listen to the wind, rustle leaves, etc.</p>	<p><b>4</b> Have your child hold one block in each hand. Then show him how to bang them or clap them together.</p>
<p><b>5</b> Make faces in a large mirror. Swing your child close to the mirror. Say "Who's that pretty baby?"</p>	<p><b>6</b> Time to get the stroller out and go for a walk! Talk about the weather, what you see, what you hear and what you smell.</p>	<p><b>7</b> Attend story time at your local library.</p>	<p><b>8</b> Sing "Twinkle, Twinkle, Little Star" to your child.</p>	<p><b>9</b> Read to your baby for 15 minutes today!</p>	<p><b>10</b> Put a small toy or object into your shirt pocket. Ask, "Where did it go?" and see if your child can find it.</p>	<p><b>11</b> Make a house for your child out of couch cushions. Place your child inside and ask, "Where are you?"</p>
<p><b>12</b> Place blocks in a container, one by one, and then dump them out. Your child will want to do this repeatedly.</p>	<p><b>13</b> When saying "hi" or "bye-bye," say the words with animation and wave. Help your child to wave too!</p>	<p><b>14</b> With a straw, blow air on different parts of your child. Name the body parts for your child.</p>	<p><b>15</b> Give your child measuring cups and show them how one fits into a larger one.</p>	<p><b>16</b> Pretend your child's teddy bear or doll is real. Feed it a cookie, give it a drink...see if your child will imitate that.</p>	<p><b>17</b> Fill a small bowl with water and explore filling cups, small bottles, scoops, big spoons and funnels together.</p>	<p><b>18</b> Talk, talk, talk to your child!</p>
<p><b>19</b> When outside, lift your child high above your head and say "So big!" Then bring him down and say, "Whee!"</p>	<p><b>20</b> Play some music and sing along. Clap and click your tongue to the beat. See if your child will copy you.</p>	<p><b>21</b> Dance with your child. Sing "Hokey Pokey" and help your child put each body part in the circle.</p>	<p><b>22</b> Sing "If You're Happy and You Know It" with your child.</p>	<p><b>23</b> Fasten a rattle or slide teething rattle on your child's leg and see if they will bang their feet to make noise or lift his leg to inspect.</p>	<p><b>24</b> Read a book in a tent with a special snack. Use a flashlight to look at a book.</p>	<p><b>25</b> Sit in front of a table together and stack blocks or measuring cups. Encourage your child to knock them down. Say "Oh no!" or "Fall down!"</p>
<p><b>26</b> Take a walk outside and point out all the things you see. Explore your neighborhood or yard.</p>	<p><b>27</b> Go to the park and swing together.</p>	<p><b>28</b> Put a toy in a container. Show your baby the item and then dump it out. Repeat. Say "in" and "out."</p>	<p><b>29</b> Stack some blocks or small boxes, then roll a ball and knock them over. Then let your baby try!</p>	<p><b>30</b> Count baby's fingers and toes while pointing to each one.</p>		



## Activity

### Blueberry Smoothie

#### Ingredients

- 1 ½ Cups frozen blueberries
- ½ Cup frozen pineapple chunks
- 1 Cup pineapple juice
- ¾ Cup lemon yogurt

Prep time – 5 minutes  
 Yield – 2 servings

#### Instructions

Place blueberries and pineapple chunks in the bottom of a blender or food processor fitted with a metal blade.

Pour juice over frozen fruit and Add lemon yogurt.

Puree until smooth, stopping to push fruit into the blades of the blender, if necessary.

Pour into glasses and enjoy!