

Learn Through Play 2026

April—toddler

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>Connect With 4C Resources Online Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit www.4forchildren.org/parentsourcesource. 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>1 Place a broom on the floor and encourage your child to step or jump over the handle and bristles.</p>	<p>2 Practice hand washing with your child before and after meals, after diaper changes or using the toilet, wiping her nose, etc.</p>	<p>3 Make faces in a mirror together with your child. Talk about emotions while you make a happy face, sad face, angry face, silly face, etc.</p>	<p>4 When playing with a doll or animal ask your child to make the doll jump, sit, lie down, eat, drink, etc. This will expand your child's vocabulary.</p>
<p>5 Play hide and seek with your child's favorite stuffed animal.</p>	<p>6 Play a listening game in the kitchen. Turn on a timer, blender or clink some glasses or pots. Ask your child, "What is that sound?"</p>	<p>7 Take a walk outside. Talk about what you and your child see, feel, smell, etc.</p>	<p>8 Pretend to be bunnies with your child, hopping with both feet and saying, "Hop, hop, hop!" as you bounce.</p>	<p>9 Have a circle day! Cut out a circle and help your child find circles throughout the house or outside.</p>	<p>10 When dressing your child, give choices. "Would you like to wear the red shirt or the blue shirt?"</p>	<p>11 Pretend to be different animals: dogs, cats, frogs, ducks, etc. Mimic the animal movements and sounds.</p>
<p>12 Sing "Old McDonald" with animal toys or pictures. When singing the animal sounds, show the animal.</p>	<p>13 Place your child's hand on a piece of paper and trace around it with a crayon or pencil. Let them trace around your hand.</p>	<p>14 Sing the alphabet song and emphasize the first letter of your child's name. Point out the letter whenever you see it!</p>	<p>15 Make a road with masking tape. Use books/blocks for ramps and bridges and boxes for stores and houses. Have fun "driving" toy cars.</p>	<p>16 Give your child directions in your daily routine. "Can you put this toy in the box?" or "Bring the book to me,"</p>	<p>17 Have a yellow day! Wear yellow clothes and serve foods that are yellow. Color a piece of paper yellow and then match it to yellow items.</p>	<p>18 Feed the birds! Break up some old bread into crumbs with your child and sprinkle it with some birdseed on a windowsill, or table outside. Watch!</p>
<p>19 Make loud and soft sounds together. Try clapping, stomping, shaking a musical instrument, both loudly and softly.</p>	<p>20 Go on a counting walk with your child. Count different items that you see. "One window, two birds, three flowers," etc.</p>	<p>21 Sing a finger play like "Where is Thumbkin?" or "The Itsy-Bitsy Spider" with your child.</p>	<p>22 Count the stairs out loud as you and your child walk up or down.</p>	<p>23 Set a box or basket on its side and roll a ball into it. Or make a stack of blocks and then roll the ball to knock them over.</p>	<p>24 Read! Read! Read together!</p>	<p>25 Read a book with your child under a blanket with a flashlight. Have your child hold the light while you read.</p>
<p>26 Play a game of "Simon Says." Have your child copy your actions (jump, clap, twirl, stomp, etc.)</p>	<p>27 Have a picnic outside (or inside). Name all the items for your picnic while your child puts them inside the basket.</p>	<p>28 Talk! Talk! Talk together!</p>	<p>29 Take a walk outside. Talk about what you and your child see, feel, smell, etc.</p>	<p>30 Visit a story time at your local library.</p>		



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!