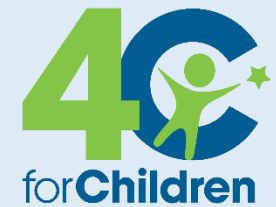


Learn Through Play 2026.

May—infant



<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	
<p align="center">Connect With 4C Resources Online</p> <p>Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit www.4cforchildren.org/parentsourc.</p> <p>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 READ! READ! READ with your baby!</p>	<p>2 Combine yogurt with food coloring for edible paint.</p>	
<p>3 While having breakfast, hide your face behind the cereal box and peek around it for a game of peek-a-boo.</p>	<p>4 Play music and dance with your baby.</p>	<p>5 Pile cushions and pillows for a soft, climbing obstacle course. Always be sure to supervise your baby!</p>	<p>6 Roll a ball back and forth with baby. This is a fun way to encourage sitting unassisted and practice tracking items.</p>	<p>7 Visit the library and check out picture books to share with your baby.</p>	<p>8 Fill empty water bottles or cardboard tubes with rice or pasta. Baby will enjoy shaking and hearing the noise.</p>	<p>9 Allow baby to explore a safe cabinet in the kitchen that is filled with plastic containers and other safe items.</p>	<p>Activity: Touchy Feely Box</p> <p>Materials: Shoebox Shells Pinecones Rocks Feathers</p> <p>Directions: Place items in box.</p> <p>Leave the lid off. Help your child put their hand in the box and touch an object.</p> <p>Describe the way the item feels to your child.</p> <p>Use descriptive words such as hard, soft, smooth, rough or bumpy.</p>
<p>10 Narrate the day for your baby. Tell them what is coming next... bottle, diaper change, bath, tummy time.</p>	<p>11 Use a play mat and attach a low hanging mirror so baby can observe their own movements.</p>	<p>12 Play peek-a-boo with baby. Hide under a blanket and pop out or just cover your face and peek out.</p>	<p>13 Take a walk around your neighborhood.</p>	<p>14 Use a shallow baking sheet with a small amount of water and measuring cups for baby to play with. Be sure to supervise!</p>	<p>15 Give baby a massage with infant lotion after the bath.</p>	<p>16 Practice crawling by getting down on the floor with baby and get them to crawl after you.</p>	
<p>17 When driving, talk about what you see with baby.</p>	<p>18 Gently move your baby's legs in a pedaling motion while they lay on their back. Great for digestion and building strength.</p>	<p>19 Play the "copycat" game. When baby coos, sticks out their tongue, or makes a face, do the exact same back to them.</p>	<p>20 Read a book together. Have child turn the pages and discuss the pictures with them.</p>	<p>21 Sing "Itsy Bitsy Spider" or "Pat-a-Cake" to baby. Move their hands and feet with the rhythm.</p>	<p>22 Gently touch different parts of their body – nose, tummy, toes and name each part.</p>	<p>23 Blow bubbles with baby and watch as they try to follow with their eyes.</p>	
<p>24 Talk, talk, talk with your baby.</p>	<p>25 Take books outside and read and show pictures to baby.</p>	<p>26 Have a family picnic outside.</p>	<p>27 Attend a story time at your local library.</p>	<p>28 Blow bubbles outside. Watch them fly in the wind and talk about the colors you see and the shape and size of the bubbles.</p>	<p>29 Place brightly colored or rattling socks on baby's feet. Kicking becomes so much fun!</p>	<p>30 Go outdoors, to the park or your backyard, lay baby on their back on a blanket and let them enjoy the wonders of mother nature.</p>	
<p>31 Use touch and feel books to explore different textures.</p>							