

Learn Through Play 2026

July - infant

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Connect With 4C Resources Online Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit www.4cforchildren.org/parentsources . Social media: Connect with 4C on Facebook, Pinterest, Twitter, YouTube and Instagram! Just search for 4C for Children on your favorite social site.			1 On a hot day, give your child an ice cube to explore on a flat surface.	2 When outside, lift your child high above your head and say, "so big!" Then bring them down and say "wheel!"	3 Go outside and have your child feel different things like rocks, twigs and leaves. Describe how they feel: smooth, bumpy, rough, etc.	4 Purchase a pinwheel toy and either blow it or show baby how it blows in the wind.
5 Have your baby hold one block in each hand. Then show them how to bang or clap them together.	6 Put a small toy or object of interest in your shirt pocket. Ask "Where did it go?" and see if your child will seek it out.	7 Attend story time at your local library.	8 Make a house for your baby out of couch cushions. Place baby inside and say, "where are you?" or "are you in the house?"	9 Read to your baby for 15 minutes today!	10 Make faces using a mirror. Point to baby's body parts and say them out loud while baby looks in the mirror.	11 With a wind chime or bells, move or shake to produce sounds. Encourage baby to copy the movement.
12 Sing "Twinkle, Twinkle, Little Star" with your baby.	13 Place a block in a container, one by one, and then dump them out. Your baby will want to do this over and over!	14 When saying "hi" or "bye-bye" say the words with animation and wave. Help your baby wave each time.	15 With a straw, blow air on your baby's body parts, saying, "I'm going to blow on your hand, your leg, your toes...etc."	16 Show your child how measuring cups nest together – how a small one fits into a larger one.	17 Pretend your child's teddy bear or doll is real. Feed it a cookie, give it a drink, put it to bed, etc.	18 Fill a small bowl with water and explore filling cups, small bottles, scoops, big spoons and funnels together.
19 Look at pictures of animals and make the corresponding animal sounds with your baby.	20 Play some music and sing along. Clap and click your tongue to the beat. See if your baby will copy.	21 Dance with your baby. Sing "Hokey Pokey" and help your baby put each body part into the circle.	22 Sing "If You're Happy and You Know It" with your baby.	23 Fasten a rattle or slide a ring toy or teeth bracelet on your baby's legs and see if they will bang their feet to make noise.	24 Go to the park and swing together. Place your baby on your lap and hold with both arms. See if they like it and help them feel secure.	25 Buy a pack of plastic ball pit balls and toss them into a small inflatable pool or an empty laundry basket. Let baby explore.
26 Hold your baby securely against your chest or forearms and glide them gently through the air while narrating your movement.	27 Move black-and-white images or a brightly colored toy slowly across their field of vision to build eye muscles.	28 Squirt cheap hair gel and a few drops of food coloring into a heavy-duty storage bag, tape all four edges to the floor, and let baby squish away.	29 Bring books outside. Read aloud using animated voices; the background sounds of birds and wind add a fresh sensory layer to language development.	30 Drape a light sheet over patio chairs or a low tree branch to create a shady, breeze-friendly tent. Fill it with their favorite indoor toys for a new play space.	31 Freeze a few large chunks of ice with baby-safe plastic toys inside. Put the ice on a tray in the grass and let your baby touch the cold, melting blocks	



Activity

Yogurt Parfait

Ingredients:

1/2 cup vanilla yogurt
1/4 cup mashed bananas or berries

Directions:

Layer yogurt and fruit in a small cup.

Add soft toppings like crushed whole-grain teething wafers, softened dry cereal, chia seeds, or a light sprinkle of shredded coconut.

Great for infants ages 6 months and above.