

Learn Through Play 2026

August—infant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Connect With 4C Resources Online Parenting E-newsletter: Sign up for our monthly e-news full of parenting tips! Visit https://www.4cforchildren.org/families/parenting-supports/ Social media: Connect with 4C on Facebook, Pinterest, X, YouTube, Instagram and TikTok! Just search for 4C for Children on your favorite social site.						1 Put some rattles in a small container. Let your child dump it out and fill it again and again.
2 Stuff a small scarf into a tissue box leaving a little sticking out. Encourage baby to grab and pull the scarf.	3 Talk to your baby! Talking and explaining things will encourage language skills even if he can't respond.	4 Fill a small plastic bottle (medicine bottle with childproof cap) with rice or small beans and let baby shake it.	5 Give baby tummy time for a few minutes every day. This strengthens arms and back muscles for crawling.	6 With baby lying on her back, place an open book next to her head so she can see the pictures. Talk about them.	7 Sing "This Little Piggy" to your baby. Tickle him when you get to the last toe.	8 Place ¼ inch of water in a small wash basin. Sit with baby and gently splash the water. Give her a boat to float!
9 Hold baby's hand while sitting and gently rock back and forth while singing "Row, Row, Row Your Boat."	10 Use a clear jar to catch a bug. Look at it with baby. What does it look like? What's it doing? Release it together.	11 Look at a book or magazine together. Allow baby to turn the pages. Talk about what you see.	12 Imitate your baby's sounds. Baby will repeat the sounds to hear you mimic him. This encourages language and social skills.	13 Place a blanket on the floor and lay down next to baby to see from their perspective.	14 Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing.	15 It's never too early to start reading to your child. Choose simple picture books and talk about what you see.
16 Use a coffee can to make a shape or color sorter.	17 Hold baby and stand in front of a fan to feel the breeze. Hold a ribbon in the breeze and watch it flutter.	18 Fill a plastic water bottle with half water & half oil. Add food coloring & put the lid on tight. Let baby shake & roll it.	19 With baby in a sitting position, roll a ball back and forth.	20 Tummy time! Place your baby gently on their stomach for 15 minutes. Give them toys to reach for.	21 Put toys just out of reach of your baby. This encourages them to begin rolling over and crawling.	21 Repeat sounds that your baby makes, like "da-da" and "ooh." Language development starts at birth.
23 Sing lullabies and tell your baby nursery rhymes.	24 Print photos of family members and glue them to construction paper to make a homemade book.	25 Practice standing with your older baby by holding onto her hands with her feet on the ground.	26 Tickle your baby's feet with your fingers and run them slowly up their body to their chin. Giggle and laugh with them.	27 Sit in front of a mirror with your baby and mimic the movements they make.	28 Arrange several cushions or pillows on the floor for baby to crawl over and around.	29 Find fabrics of different textures & glue them to pieces of cardboard. Tie them together to create a book.

Activity

Monster Bubbles

Combine 6 cups of distilled water, ¾ cup of light corn syrup, and 2 cups of dishwashing liquid.

Let the solution sit for four hours before using.

Use different sized bubble wands to make bubbles big and small.

Learn Through Play 202.

August—infant

30 While at the grocery store, take time to feel the cold items in the freezer and smell items in the deli or bakery.	31 Make music with baby by Giving them a few wooden spoons and some empty pots or pans from your kitchen.						
--	--	--	--	--	--	--	--