

Learn Through Play 2026

September—infant

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 Clap baby's hand to the beat while singing a nursery rhyme.	2 Gather toys that look, sound and feel different. Describe them (soft, bumpy, loud, etc...) as baby plays with them.	3 Look in the mirror with baby, point to different body parts and say their names.	4 Stack blocks with baby. Then knock them down to rebuild it again.	5 While baby is lying on his back, grab his feet/legs and pedal them in a bicycle motion.
6 Move to your baby's left and right side and call his name, shake a rattle or squeak a toy. Encourage baby to look towards the sound.	7 Hold your baby in front of you so she can clearly see your face. Stick out your tongue and watch as she tries to imitate you.	8 Place a single puff or Cheerio on baby's highchair tray. Encourage her to use fingers and thumb to secure.	9 Young babies learn exploration, so let your baby touch your face, hair, glasses, jewelry, beard, clothing, etc.)	10 Play "Pat-a-Cake" with your baby encouraging him to bring hands together at the center of his body in a clapping motion.	11 If your baby can grab their feet, pull his sock off a bit and see if he can pull the sock the rest of the way off by himself.	12 Talk to baby all the time about anything and everything. She may coo back or be silent, but she is learning from your speech.
13 Help your baby learn his name by using it frequently. Make up a song using your baby's name or insert his name into a story.	14 Read a bedtime story with your baby from birth onward, you can even make up stories to share. Your baby is absorbing every word!	15 Babies love to make noise. Place pots, pans and wooden spoons that babies can use to bang on, stir in and make noise.	16 When your baby can pull to stand on her own, begin to place toys just out of reach to the left and right to encourage her to take steps in all directions.	17 Fill a laundry basket with heavy items such as books and allow baby to push it around the floor or to practice supported walking.	18 Take baby outside and read while sitting on a blanket together.	19 Place baby on his belly and put toys in front of him. Do this several times a day to help baby's neck, should and back muscles.
20 Sing to your baby. Use traditional songs such as "Twinkle, Twinkle, Little Star" or make up your own song.	21 Sit on the floor a few feet from your child, gently roll a ball his way. Encourage him to roll it back to you.	22 Change your baby's diaper in a different location or different ends of the changing table, so she can look at new things.	23 Gently rub and massage baby's toes and feet after a bath.	24 Play peekaboo with baby. Cover and uncover your face.	25 Count baby's fingers and toes out loud, touch each one as you count.	26 Take baby on a nature walk and point to objects and name them.
27 Blow bubbles with baby. Pop them with your hands.	28 Dance with baby in the kitchen to your favorite songs.	29 When entering and exiting a room, turn the light switch on and off and say, "lights on" or "lights off."	30 Read a board book to baby with high contrasting colors. Read in a silly voice.	4C for Children Additional Resources Sign up for our monthly Family Source e-newsletter at 4cforchildren.org/newsletter-sign-up/ for hot topics and resources. Plus, search 4C for Children on your favorite social media sites for more tips and information.		



Apple and Pear Puree

Ingredients:

1 medium apple, peeled, cored and chopped

1 medium pear, peeled, cored and chopped

¼ tsp ground cinnamon (optional)

Water, breastmilk/formula to thin as needed

Instructions:

Combine the chopped apple and pear in a small saucepan with just enough water to cover the bottom of the pot.

Bring the water to a boil, then reduce the heat to a simmer and cook until the fruit is fork-tender

Let mixture cool slightly, then put into a blender.

Puree until smooth. Add breastmilk, formula or water if needed for desired consistency.

Stir in cinnamon and serve!