

Learn Through Play 2026

September—toddler

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 Recycle a large cardboard box into a castle or playhouse for your toddler.	2 Put dry noodles in a plastic tub. Add scoops, bowls and cups for your child to dump and pour.	3 Put on music and have a dance party, encouraging movement and creativity.	4 Create a line with painter's tape on the floor to make a "road" for cars or a balance beam.	5 Create a simple obstacle course for your child using everyday items like pillows, blankets or even a play tunnel for crawling and climbing.
6 Write letters on an empty paper towel roll and then matching letters on round dot stickers. Have your little one match the stickers to the letters on the roll.	7 Go on a rock hunt. After finding them, paint rocks with plain water and a paint brush.	8 Give your child kitchen tongs, have them pick up small toys or household items with them.	9 Give your child a bag and call out an object or describe an object and send them off to find it. This one is great indoors and outdoors.	10 Provide a cardboard box of any size and washable marker for your child to decorate.	11 Sing the alphabet song!	12 Sit outside and look up at the clouds. Talk about the shapes you see.
13 Play I-spy with your child. Choose a color and have them find as many objects as possible that are that color.	14 Offer your child pipe cleaners and a colander. They can try to push them through the holes.	15 Have a dance party in the kitchen. Turn on your child's favorite music and dance together.	16 Start a nightly reading routine with your child. Let them pick a book or two to read each night.	17 Visit a local park and play on the climbers, swings and slides. Take a picnic lunch or dinner and make a date out of it.	18 Try a new fruit or vegetable with your child at lunch today.	19 Visit the library and pick out books about autumn.
20 When doing laundry, have your child help fold washcloths.	21 Make popcorn together and count the pieces as you eat them.	22 Cut a card or a cereal box picture into three or four pieces and see if your child can put it back together.	23 Color with your child! Allow them to scribble. Show them how to draw circles and lines.	24 Let your child help with spring cleaning...sweeping and mopping the floors.	25 Let your child choose between two outfits to wear. Ask them why they like one more.	26 Try different ways of walking: giant steps, baby steps, tiptoeing backwards, etc.
27 Blow bubbles with your child. Chase them around and try to pop them.	28 Dance with your child in the kitchen to your favorite songs.	29 Take a walk and look for signs of autumn in your area.	30 Spray shaving cream on the side of the bathtub while your child is bathing for a fun sensory and fine motor activity.	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 Delight

Ingredients:

1 medium apple, peeled, cored, and sliced

1 medium pear, peeled, cored and sliced.

¼ tsp ground cinnamon (optional)

Instructions:

Combine the sliced 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 stir in cinnamon and serve!