Learn Through Play 2026 — November—infant

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Hold your child and look into a mirror together. Talk, make faces, name body parts, make sounds. Enjoy!	**2** Put lots of different hats in a box, then put them on your child. Say "hat on, hat off."	**3** Stack tissue boxes with your child and show them how to knock them down. See if they will help stack. Repeat.	**4** Lift your child's arms high over their head and say, "So big!" Bring their arms down and repeat!	**5** Help your child to turn lights on and off. Say "on" and "off" and watch their reaction.	**6** Place some beads or beans in an empty water bottle. Seal it with glue and allow your child to shake it, roll it and experiment with it.	**7** Talk to baby while changing their diaper. Tell them what the plans are for the day.
8 Carry your child around your home and talk about what you see.	**9** Read! Read! Read!	**10** Sing a nursery rhyme to your child such as "Twinkle, Twinkle, Little Star"	**11** Make a tent by draping a blanket over a table. Let your child find a toy in the tent.	**12** When your child has learned to sit, offer toys to his side and front to strengthen balance.	**13** Put a sock on one of your child's hands and encourage them to remove it. Try the other side.	**14** Offer your child a basket full of soft toys. Show her how to dump them out and load them up again.
15 Sing to your child when washing their face and hands or when bathing: "This is the way we wash our hands."	**16** Attend story time at your local library.	**17** Encourage your child to grasp a rattle or another toy. Once mastered hold it a bit out of their reach and see if they will move to grab it.	**18** Play a clapping game with your child. Sing or say, "clap, clap, clap." Or give them two blocks to hit together!	**19** Make sounds like "ba ba" or "dada" and see if they will copy. Sing these sounds to the tune of "Row Your Boat."	**20** Talk through a paper tube to your child. See if they will talk back. This will encourage lots of babbling, as they like hearing their voice!	**21** Talk! Talk! Talk!
22 Place a toy that makes sound within a child's reach. Move the toy and wait for them to relocate.	**23** Look at a picture book together. Talk softly and label each picture and point to it.	**24** Take your child to the grocery store. Let her smell the different fruits and feel the different textures.	**25** Feel the fur of a stuffed animal and talk about how it feels.	**26** When your child is playing by banging or shaking or making sounds, copy what they are doing.	**27** Play "Where's my nose?" Ask your child to touch your nose or her nose, mouth, head, etc...	**28** Repeat your child's favorite activity of the month.
29 Sing your child your favorite lullaby.	**30** Cover your face with a cloth or blanket and hide. Say, "Where did I go?" Uncover and say, "Here I am!"					

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Roasted Pumpkin & Cinnamon Mash (6+ Months)

Ingredients: 1 small sugar pumpkin (or pie pumpkin) and a tiny pinch of ground cinnamon.

Directions

Slice the pumpkin in half, scoop out the seeds, and place the halves face down on a baking sheet.

Roast at 400°F for about 40–45 minutes until the flesh is completely tender and easily scooped out with a spoon.

Mash the warm pumpkin flesh with a fork or blend it in a food processor with a splash of breast milk, formula, or water to reach your desired consistency.

Stir in a tiny pinch of cinnamon for a warm autumn aroma.

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