
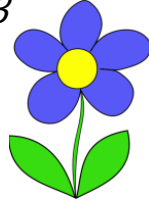


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Connect With 4C Resources Online</p> <p>Blogs: 4C has two parent-focused blogs, <i>Blink—and They're Grown</i> and <i>Put a Bib on It</i>. For these and other 4C blogs, visit www.4cforchildren.org/blogs.</p> <p>E-newsletters and social media: Sign up for an e-newsletter and connect with 4C on Facebook, Pinterest, Twitter and YouTube! Just visit www.4cforchildren.org.</p> 						<p>1 Give your baby a massage. Use lotion and rub his arms and legs and back. Name the body parts as you rub them. Make up a little song.</p>
<p>2 Set up a mirror for your baby to see herself while she plays on the floor. Watch her responses to her image.</p>	<p>3 Spin a top, or wind a wind-up toy. When it stops wait for your baby to gesture or indicate for more. Say "go?" and then repeat.</p>	<p>4 Count your child's fingers and then toes. At the end, tickle or blow raspberries on their palms or bottoms of feet.</p>	<p>5 Play a clapping game with your baby. Sing or just say "clap, clap, clap!" with two blocks. See if he will hit them together also.</p>	<p>6 Make a puppet, stuffed animal or even a sock talk or sing to your baby. This is especially handy if you are waiting somewhere.</p>	<p>7 Time to get the stroller out and go for a walk! Talk about the weather, what you see, what you hear, and what you smell.</p>	<p>8 At bath time, use a sponge, cup or a squirt toy and drop water on different body parts. Name the body parts as you do.</p>
<p>9 Help your baby to squeeze their hands when holding squeeze toys, sponges, squeak toys, foam balls, etc.</p>	<p>10 Mix water and soap in the sink with a whisk. Make lots of suds and have your baby explore, grabbing and popping.</p>	<p>11 Play on a blanket in the grass. Explore things with different textures and describe how they feel. (rock, twig, branch, leaf, etc.)</p>	<p>12 Stack objects for your baby and encourage her to knock them down.</p>	<p>13</p> 	<p>14 Blow bubbles and encourage your baby to reach for them.</p>	<p>15 Attend a story time at your local library.</p>
<p>16 Give your baby wooden spoons and plastic containers. Show him how to bang objects together to make noise.</p>	<p>17 Put a sock on one of your baby's hands and encourage her to remove it. Try the other side too!</p>	<p>18 Talk! Talk! Talk with your baby!</p>	<p>19 Put a toy in a container. Show your baby the item and then dump it out. Repeat. Say "in" and "out."</p>	<p>20 Stack some blocks or small boxes, then roll a ball and knock them over. Then let your baby try!</p>	<p>21 Read! Read! Read with your baby!</p>	<p>22 Sing to your child when washing their face and hands or when bathing. "This is the way we wash our hands..."</p>
<p>23 If your baby is ready, try a new food today.</p>	<p>24 Go to a park and slide down a slide together. Hold on tight...whee!</p>	<p>25 Sing and dance with your baby.</p>	<p>26 When your baby makes sounds, try to repeat them back. This is important in building the foundation of communication.</p>	<p>27 Call grandma, grandpa or another family member. Let your baby listen and "talk" on the phone with them.</p>	<p>28 Encourage your baby (6 months+) to try drinking from a regular cup. The earlier the better!</p>	<p>29 Play some music, and sing along. Clap or click your tongue to the beat. See if your baby will copy.</p>
<p>30 Take a walk outside and point out all the things that you see. Explore your neighborhood or yard.</p>						



Blueberry Smoothie

1 ½ cups frozen unsweetened blueberries

½ cup frozen unsweetened pineapple chunks

1 cup pineapple juice

¾ cup lemon yogurt

Prep time – 5 minutes

Yield – 2 servings

Place blueberries and pineapple chunks in the bottom of a blender or food processor fitted with a metal blade.

Pour juice over frozen fruit. Add lemon yogurt.

Puree until smooth, stopping to push fruit into the blades of the blender, if necessary. Pour into glasses and enjoy!