
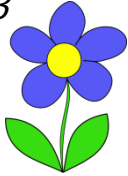


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Connect With 4C Resources Online</p> <p>Blogs: 4C has two parent-focused blogs, <i>Blink—and They're Grown</i> and <i>Put a Bib on It</i>. For these and other 4C blogs, visit www.4cforchildren.org/blogs.</p> <p>E-newsletters and social media: Sign up for an e-newsletter and connect with 4C on Facebook, Pinterest, Twitter and YouTube! Just visit www.4cforchildren.org.</p> 						<p>1 Learn how to say “I love you” in a different language.</p>
<p>2 Make paper chains out of colored paper and decorate the kitchen.</p>	<p>3 Let your child help prepare a healthy breakfast for the family.</p>	<p>4 Look for the number 9 in newspaper ads.</p>	<p>5 Go to the library and find books with rabbit characters.</p>	<p>6 Go outside and look for signs of spring!</p>	<p>7 Try different ways of walking: giant steps, baby steps, tip toeing backwards, etc.</p>	<p>8 Let your child help with mopping the floor— spring cleaning!</p>
<p>9 Go on a scent hunt. Find things that smell: coffee, soap, chocolate, etc.</p>	<p>10 Have a green day with green clothes, foods, crayons and paints!</p>	<p>11 Write alphabet letters on pairs of flowers. Mix up and then find matching flowers.</p>	<p>12 Read your favorite children’s books to your child.</p>		<p>14 Go outside and practice hopping and skipping!</p>	<p>15 List ways to show your love to someone.</p>
<p>16 Plant seeds in paper cups. Talk about how long it might take for them to come up.</p>	<p>17 Use cookie cutters to make cookies. Eat them up!</p>	<p>18 Let your child choose between two outfits to wear. Ask them why they like one more.</p>	<p>19 Listen to different sounds inside and outside. Then make your own silly sounds!</p>	<p>20 Let your child help you make a card for someone who is sick.</p>	<p>21 Have a Teddy Bear picnic!</p>	<p>22 Make small dots on a piece of paper and then cover the dots with Cheerios.</p>
<p>23 Make small dots on a piece of paper and then cover the dots with Cheerios.</p>	<p>24 Go outside or to the park and look for the birds.</p>	<p>25 Play store with paper money and your child’s toys.</p>	<p>26 Make binoculars out of two paper tubes taped together. Go out and explore.</p>	<p>27 Put on some fun music and create a new dance!</p>	<p>28 Find spring books to read at the library. Cuddle up with your child and read!</p>	<p>29 Make up silly songs using the tune of “Row, Row, Row Your Boat.”</p>
<p>30 Make tiny bundles of dried flowers to hang from door handles to be ready for May Day!</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!