





# Learn Through Play 2024

# July—Infant

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<b>1</b> When outside, lift your child high above your head and say, "so big!" Then bring them down and say "whee!" Repeat.	<b>2</b> Go outside and help your child feel different things like rocks, twigs and leaves. Describe how they feel: smooth, bumpy, rough etc.	<b>3</b> Purchase a pinwheel toy and either blow it or show your child how it blows in the wind. Listen to the wind, rustle leaves, etc.	<b>4</b> Have your child hold one block in each hand. Then show them how to bang them or clap them together. Clap, clap, clap!	<b>5</b> Put a small toy or object of interest into your shirt pocket. Ask "Where did it go?" and see if your child will seek it out.	<b>6</b> Make a house for your child out of couch cushions. Place your child inside. Say "where are you?" or "are you in a house?" etc.
<b>7</b> Make faces in a large mirror. Swing your child close to the mirror. Say "who's that handsome baby?" or "where's your nose?"	<b>8</b> With a wind chime or bells, move or shake to produce sound. Encourage your child to copy the movement and see how they react to sound.	<b>9</b> Read with your baby for 15 minutes today.	<b>10</b> Sing "Twinkle, Twinkle, Little Star" with your baby.	<b>11</b> Attend story time at your local library.	<b>12</b> Place blocks in a container, one by one, and then dump them out. Your child will want to do this over and over!	<b>13</b> When saying "hi" or "bye-bye," say the words with animation and wave. Help your child to wave each time.
<b>14</b> With a straw, blow air on different body parts of your child. Say "I'm going to blow on your hand, your leg, your toes..." etc.	<b>15</b> Show your child how measuring cups nest together—how a small one fits into a larger one.	<b>16</b> Pretend your child's teddy bear or doll is real. Feed it a cookie, give it a drink, put it to bed, etc.	<b>17</b> Fill a small bowl with water and explore filling cups, small bottles, scoops, big spoons and funnels together.	<b>18</b> Talk, talk, talk with your baby!	<b>19</b> Look at pictures of animals and make the corresponding animal sounds with your baby.	<b>20</b> Play some music and sing along. Clap or click your tongue to the beat. See if your child will copy you!
<b>21</b> Sing "The Itsy-Bitsy Spider" and do the hand motions with your baby.	<b>22</b> Play some music and sing along. Clap or click your tongue to the beat. See if your child will copy you!	<b>23</b> Sing "If You're Happy and You Know It" with your baby.	<b>24</b> Fasten a rattle or slide a ring toy or teething bracelet on one of your child's legs and see if they will bang their feet to make noise or lift the leg to inspect.	<b>25</b> Sing "Pop goes the weasel." When you sing the word "pop" coincide it with an action like a clap, falling down, or closing a book. Sing again and repeat.	<b>26</b> Read a book in a tent with a special snack. A tent can be made by just throwing a blanket over your head. Use a flashlight to look at a book.	<b>27</b> Sit in front of a table together and stack some blocks or measuring cups. Encourage your child to knock them down. Say "oh no!" or "fall down!"
<b>28</b> Read with your child for 15 minutes today.	<b>29</b> Go to the park and swing together. Place your child on your lap and hold them with both arms. See if they like it; keep it low and help them feel secure.	<b>30</b> Blow bubbles outside. Talk about the different sizes of the bubbles.	<b>31</b> Repeat your favorite activity of the month.	<b>4C for Children Additional Resources</b> Sign up for our monthly Family Source e-newsletter at <a href="https://4cforchildren.org/newsletter-sign-up/">4cforchildren.org/newsletter-sign-up/</a> for hot topics and resources. Plus, search 4C for Children on your favorite social media sites for more tips and information.    		



## Activity: Yogurt Parfait

**Ingredients**  
 ½ cup vanilla yogurt  
 ¼ cup pureed bananas or berries

**Directions**  
 1. Layer yogurt and fruit in a small cup.  
 2. Sprinkle crushed graham cracker on top.

**Makes 2 servings.**