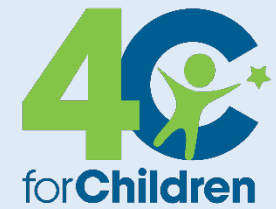


Learn Through Play 2024

October—infant

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 Go outside and enjoy the wind. Point to the trees and talk about the leaves blowing in the wind.	2 Play a game where you and baby can chase each other by crawling or walking.	3 Partially hide a toy behind a blanket or object and let baby look for it.	4 Place blocks in a container, one by one, and then dump them out. Dump and fill, they will do this over and over.	5 Imitate your baby's facial expressions and sounds. This is how babies communicate.
6 Lay baby on her back and hold a toy above her so she can reach for it.	7 Kiss your child on one cheek then the other, then the back of the neck, on the legs, feet, etc.	8 Help baby experiment with sound. Gently pat baby's mouth while he is babbling.	9 Sing the rhyme "Pat-a-Cake" while clapping baby's hands and feet together, then yours!	10 Turn the music on and dance! Hold your child's arm and move to the music. Dip them, twirl them and bounce. Enjoy!	11 Read! Read! Read with your baby	12 Call grandma or grandpa or another family member. Let your child listen and "talk" on the phone with them.
13 Give your child a teething biscuit to try to eat on their own when ready. Say "Mmmm, good cookie."	14 Set up a mirror for your child to see themselves while they play on the floor. Watch their responses to their image.	15 Make a color shaker using a clear bottle, such as a water bottle. Fill with water, sequins, glitter, marbles. Seal and glue lid on. Shake away!	16 While you are cooking, tell baby what you are making and have baby smell the ingredients.	17 Carry baby while looking in the fridge or kitchen cabinets and talk to him about what's inside.	18 Show baby pictures of items in a book or magazine that she can find around the house.	19 When your child is on the floor, crawl around them on your hands and knees and talk to them. Do this once they are mobile also.
20 When holding a toy, accidentally drop it. Say, "Oops!" and point to where it went and say, "Fell down!"	21 Cut a hole in a lid of a container. Get your child to put in different toys through the hole. Dump out the items and go again.	22 Experiment with a straw and blow air on baby's hand, feet and tummy. Tell baby what you're doing and how it feels.	23 Sing to your child when washing their face and hands or when bathing. "This is the way we wash our hands, wash our hands..."	24 Make a puppet, stuffed animal or even a sock talk or sing to your child. This is especially handy if you are waiting somewhere.	25 Softly play a classical tune as you put baby to sleep. You can borrow CDs from your local library.	26 Tickle your child. Name their body parts as you tickle. See if you can get them to smile, giggle and laugh.
27 When shopping, point out items and label them, also let your child feel or hold different (safe) items while they are in the cart.	28 Experiment with new sounds and see if your baby will copy you (try clicking with your tongue, smacking your lips, blowing bubbles)	29 Show baby pictures of items in a book or magazine that he can find around the house.	30 Read! Read! Read with your baby	31 Try a new fruit or vegetable with baby at lunch today.	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.	



Activity

Dairy-Free Pumpkin Smoothie

Ingredients
 1 1/2 cup almond milk, unsweetened
 1 cup plain Greek yogurt
 1 cup canned pumpkin
 2 tsp maple syrup
 1 tsp pumpkin pie spice
 1 medium banana

Blend ingredients together until smooth.

Add ice if you want your smoothie to be a shake instead!

Enjoy!



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