Making small moments big!

When you talk, read and sing with children, you're helping them build their brains and develop important language, math, reading and social skills. Use these cards every day to help your child learn through their play.

If you have questions about your child's growth or want to talk with someone about parenting, please call 2-1-1 and ask for Help Me Grow.
Start the day by singing a simple number song like “One, two, buckle your shoe.”
Hold an orange in your hand and say, “An orange is round and smooth.” Hold a dish towel and say, “A dish towel is a square and feels soft.” Encourage your baby to explore these objects using her hands and, when safe, her mouth (like sucking on a rattle).
When you move your baby from one position or place to another, put words to your actions. Say “Up, up, up” when you lift your baby from the changing table, crib, or floor. When you place her down, say “Now down you go to play!”
Infants seem to naturally understand the concept of “more” - the first step toward understanding addition. As you feed your baby, pause and ask her if she wants more. Wait to see how she responds and narrate her cues: “Oh, you’re licking your lips and looking at the spoon. You want more.”
INFANTS

TIME FOR BED

SING ME TO SLEEP!

Sing songs that have repetitive patterns, such as “Old MacDonald Had a Farm,” “Wheels on the Bus,” or “Los Cinco Hermanitos.” Try rhymes with movement patterns that your child can imitate, like “Itsy-Bitsy Spider”