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.
Get out rattles and squeaky toys. Help the baby choose the toys and play. Join in and describe what the baby is doing ("you have the ball" or "you made it squeak").
Start with one ball, add more. Say "Roll the blue ball" and repeat the word "ball." Say "Ba,ba,ba...ball" while looking into the baby's eyes and pointing to the ball. Older babies can roll the ball back and forth.
Talk together as you blow bubbles. Babies will watch and track the bubbles (older infants will try to blow them, too). Use words to describe the position of the bubbles - up, down, over, under, all around, and in between.
Use a big hat, basket, or small box. Place an object on the floor. Say, "Here is the shiny red truck." Drop the hat, basket or box over the truck. Ask, "Where is the truck?" Repeat with other objects.
Look at the baby. Ask, "Where is your nose?" Older babies will recognize the word and point to it. Wiggle or touch the child's nose. Name more parts of the body - eyes, toes, leg, and hand.