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.
Establish predictable daily routines for bedtime, mealtime and naptime. You might say: “It’s time for bed. We’ll have milk, a story, and a kiss. Then - bedtime.” Loving routines help babies feel safe and secure and build an early understanding of patterns.
Read a book or tell a story to your baby every day – in whatever language you feel most comfortable – beginning at birth.
Children are born curious. From a very young age, they show interest in exploring the world around them. Tune into your child’s discoveries and use words to talk with them about the things they see, hear, and feel.
Place toys at different distances from your baby - some nearby and others a bit farther, but still within reach. Babies learn about distance when they need to adjust their own movements to obtain something they’re interested in. Describe their actions: “You're reaching so far to get the ball!”
Hold your baby close during bedtime and sing a favorite song again and again. Singing the same song can help your baby feel calm and safe.