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.
Repeat the fun sounds your baby makes. When they coo, coo back. Hold their hand gently, and when they smile, smile back. Your loving touch and this back-and-forth “baby language” are the first steps toward talking.
Everywhere you go, talk about what you see and what your baby is looking at: “Wow, I see the four dogs, too!” or “I love that red truck you’re playing with. It goes beep beep!”
As you feed your baby, use words to describe what each food tastes, feels and looks like. “This yogurt is smooth” or “That yellow banana is sweet!”
INFANTS

Using math words in everyday conversations with little ones will help them build skills for math and reading when they reach elementary school!

COUNT WITH ME!

1 2 3

Afternoon Playtime
Looking into your baby’s eyes, holding your baby’s hand and talking to your baby in a high voice are all ways that you can help him or her grow up to be a confident, loving adult.