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.
Cuddle with your baby as you share a book. It doesn’t matter how young your child is; even newborn babies are learning when their parents read with them.
You probably naturally talk to your baby about the events of the day. Keep doing it, and do it more! The more words and conversations you share together, the better prepared they will be to learn.
INFANTS

Find opportunities to count everywhere you go. Count the steps as you and your child are walking up and down the stairs, or the cars passing by. Use your baby’s fingers and toes to count one, two, three, four, five!

1-2-3 COUNT WITH ME!

Find opportunities to count everywhere you go. Count the steps as you and your child are walking up and down the stairs, or the cars passing by. Use your baby’s fingers and toes to count one, two, three, four, five!
Sing silly songs about your day to help get your baby’s attention during diaper changing.
Point to the pictures in a book and describe items to your child: “Look, the train goes choo-choo!” Using words to describe what you see builds language.