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. For more tips and activities, visit onlib.org/makingsmallmomentsbig.
While sitting on the floor, place your baby in a sitting position inside your legs. Use your legs and chest to provide only as much support as your baby needs. This allows you to play with your baby while encouraging independent sitting.
Using a black marker, draw several easy-to-recognize images on pieces of white paper. Start with simple patterns (diagonal stripes, bull’s eyes, checkerboards, triangles). Tape the pictures next to your baby's car seat or crib (8-12 inches from her face).
Rest your baby, tummy down, on your arm, with your hand on her chest. Use your other hand to secure your baby - support her head and neck. Gently swing her back and forth. As she gets older, walk around to give her different views.
Place a shatterproof mirror close to your baby where she can see it. Start talking, and tap the mirror to get her to look. The mirror will provide visual stimulation. Eventually, your baby will understand her reflection.
Place interesting things close to your baby's crib for her to look at. Tape simple pictures from magazines out of reach on the wall.