

# MAKING SMALL MOMENTS BIG!

TUESDAY

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](http://onlib.org/makingsmallmomentsbig).



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# INFANTS

GOOD  
MORNING

HELP ME  
SIT UP!



Lay your baby on his back, place your hands under his arms, and gently guide him into a sitting position. As he gains muscle tone and strength, do these "sit-ups" by holding his hands and slowly bringing him to sit.



# INFANTS

MORNING  
PLAYTIME

COPY ME!



See how many actions your child can imitate in a row by tapping the table, opening and closing your hands, clapping and waving. Start with something your baby is already doing, like banging a fist on the table.



# INFANTS

LUNCH  
TIME



LET'S FLY LIKE  
A ROCKET!



Lay your baby belly-down across your lap and place your hands around his midsection so he's fully supported. Gently lift him up and move him up, down, back and forth, like a rocket jetting into space. For extra giggles, add sound effects.



# INFANTS

AFTERNOON  
PLAYTIME

STACK  
THE CUPS!



Take turns stacking cups and knocking them down. You can also have a "race," where you both stack cups at the same time.



# INFANTS

TIME  
FOR BED

WHERE  
IS IT?



Place a toy or book under a blanket, leaving part of the object showing. Then ask your baby, "Where is it?" and encourage him to look for it.

