

# MAKING SMALL MOMENTS BIG!

FRIDAY

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**.



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# PRESCHOOLERS



WAKE UP  
AND SING!



GOOD  
MORNING

Choose a fun song you and your child can enjoy singing together. Songs with rhymes and repeating words can help make it easier for children to remember the lyrics. Encourage your child to fill in the last word to a songz: "Old MacDonald had a...FARM!"

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# PRESCHOOLERS

MORNING  
PLAYTIME

WHAT  
SHAPES CAN  
YOU FIND?



Go on a shape hunt. Shapes are all around us, so have fun looking for and talking about them. “The window is a rectangle. Look, it has 4 sides and 4 corners. Let’s see how many rectangles we can find.” Or, “The mirror is shaped like an oval.”

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# PRESCHOOLERS

LUNCH  
TIME



Make patterns part of the everyday routines you share with your preschooler. Ask him to help you set the table and talk about the pattern of napkin, fork, and spoon. At snack time, see if your preschooler can finish her “snack pattern” of “strawberry, cracker, cheese, strawberry...”



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# PRESCHOOLERS

AFTERNOON  
PLAYTIME

NEAR OR  
FAR?



Invite your preschooler to help with the laundry by guiding him to retrieve the shirt that is farthest away in the pile and also the one that is closest to him. As you fold, ask him to make piles of the clothes and point out which pile is nearest and which pile is farthest.

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# PRESCHOOLERS

TIME  
FOR BED

LET'S TALK  
ABOUT FEELINGS!



Talk about your own feelings when spending time with your child to show how to use words to communicate about emotions. You might say, “Reading bedtime stories is so warm and cozy!” or, “It’s really hard for me to wait my turn for the truck, so I’m playing with blocks while I wait.”



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