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.
Point to the pictures, letters and numbers in books. Ask open-ended questions as you share the book together. “What do you see? How does he feel? What would you do if you were her? What’s your favorite page?”
Look out your window. Help your child look for birds, benches, trees, bushes and other common outdoor features. Describe the shapes and colors of the things you see.
Give your child kid-friendly pots, pans and other kitchen props so he or she can play chef while you make lunch. Describe spices and vegetables and encourage your child to smell, touch and taste the ingredients you’re using.
Choose a color and/or shape and challenge your child to point out as many objects that fall into that category as he or she can. Build your child’s vocabulary by describing any unfamiliar or new objects he or she encounters.
Many simple number problems come up during your child’s day. Review with your child the math that they have experienced throughout the day.