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.
While getting ready in the morning, let your child explore your closet (or theirs!). Playing dress up, or even exploring the different colors and textures of the fabrics in your closet, can be exciting.
Have your child look at the pictures in a book and tell the story. Act out the stories together as you read aloud or have her retell the story using her favorite toys.
Use comparison words throughout the day. Is the grapefruit bigger or smaller than the orange? Is my hair longer or shorter than yours? Grouping objects together helps children discriminate between sameness and difference. Sort things by size, color, length, etc.
Ask “how many?” Ask your child questions like “how many children and adults live in our home?” or “How many silver cars do you see?” These questions encourage children to count and compare things they see every day.
Sing and clap along together. One clap for each syllable builds understanding of “one-to-one correspondence,” or the ability to count in sequence. Practicing rhythm and melody also helps children understand patterns.