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**.

TALK READ SING
TALKING IS TEACHING

HELP ME GROW
ONONDAGA
THE EARLY YEARS MATTER MOST

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TODDLERS

GOOD MORNING

CRAWL THROUGH THE OBSTACLE COURSE!

Make an obstacle course for your toddler with pillows to climb over and to sit on. As your toddler explores the course, describe her position in words: "Now you're sitting on top of the cushion!" "Now you're crawling over it." "You went around it!"

TODDLERS

LET'S LEARN OUR SHAPES!

B
A C

Explore shapes by rolling a ball back and forth, stacking flat objects on top of one another, or putting small objects inside a box or bucket. Narrate the activity using "shape words" such as "The ball is round and rolls."

TALK READING SING TALKING IS TEACHING TIPS

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WHAT SHAPE IS THE CHEESE?

Have a "shape snack" with your toddler. Offer a square cracker. Cut a grape in half to show your child its round shape. Talk about and trace each shape with your finger before you eat it. Ask your child, "Would you like your sandwich cut in triangles or four squares?"

TALK READING SING TALKING IS TEACHING.ORG

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DO YOU WANT ONE MORE?

Count as you or your toddler stacks blocks. Stack two blocks or objects and then ask, "Do you want one more?" Keep offering "one more" for your child to add to the stack. This teaches your child the meaning of "one" and "more" - both important math concepts.

TODDLERS

TIME FOR BED

LET'S TALK ABOUT FEELINGS!

You can help your child learn to understand others' feelings by describing feelings and asking about them. For example, when reading a book, describe the expressions of the characters and talk together about what feelings their actions could be expressing.