A is for animals!

1 Cow

2 Chicks

3 pigs

4 sheep

Children start to understand counting at age two. Encourage this skill by counting the animals out loud.
B is for Books!

To encourage reading skills, write down the words your child says on a piece of paper. Then while pointing to each word, say them out loud.
C is for Clothes!

As children learn to start dressing themselves, help them figure out how to make the right clothing choices by talking about the weather.
F is for fruit!

A is for Apple
B is for Blueberries
C is for Cherry
G is for Grapes

Talk to a Help Me Grow care coordinator if you have questions about your child's nutrition.
M is for me!

Draw in the details of your face. What color is your hair and your eyes? Is your hair curly or straight? How are you feeling today?
M is for mirror!

Babies as young as 6 months like to look at themselves in the mirror. It helps them identify familiar faces and self awareness.
O is for ocean!

As it warms up outside, remember to reapply sunscreen every two hours.
S is for senses!

I see with my eyes.

I touch with my hand.

I smell with my nose.

I hear with my ears.

I taste with my mouth.

Look around you and find one safe item to touch, taste, hear, smell, and see. Try doing it a few times to see how many you can come up with.
S is for shapes!

A 3 year-old may be able to draw a circle. To encourage motor skills, have your child trace the shapes above. Name the shape as they trace them.