

# E is for Earth!



This is the planet Earth and you live on this planet. Our planet moves in a circle around the sun one time per year. Where do you live? Can you find it?



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HELP ME  
GROW!

# G is for Grow!



Have your child tell you a story about what is happening in this picture. Ask them questions. This will help them develop critical thinking.



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# F is for Flower!

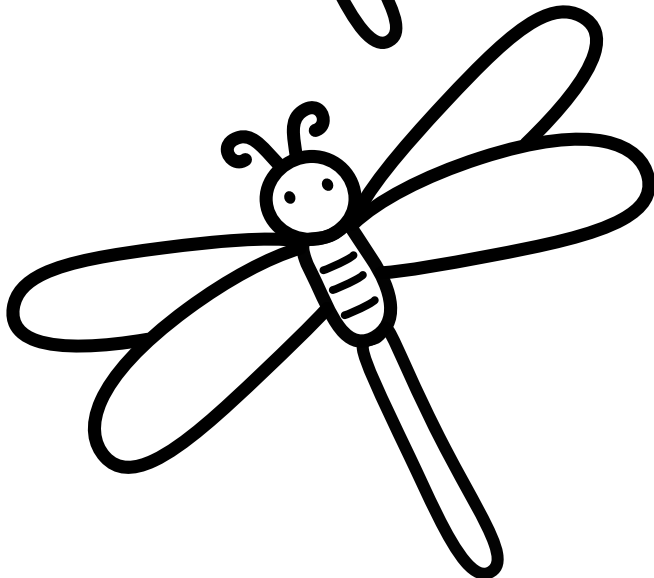
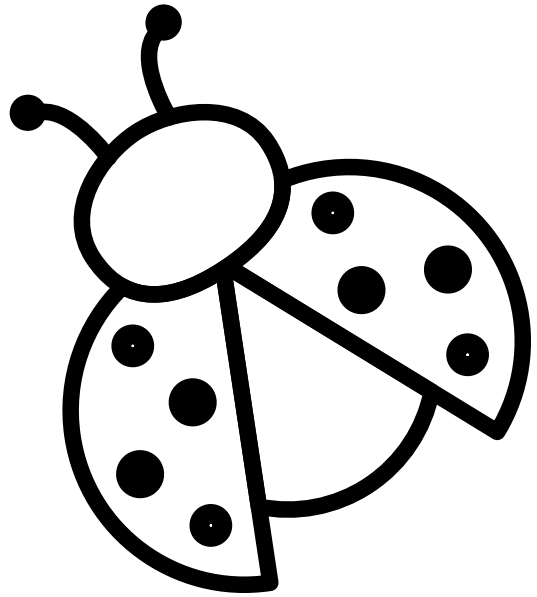
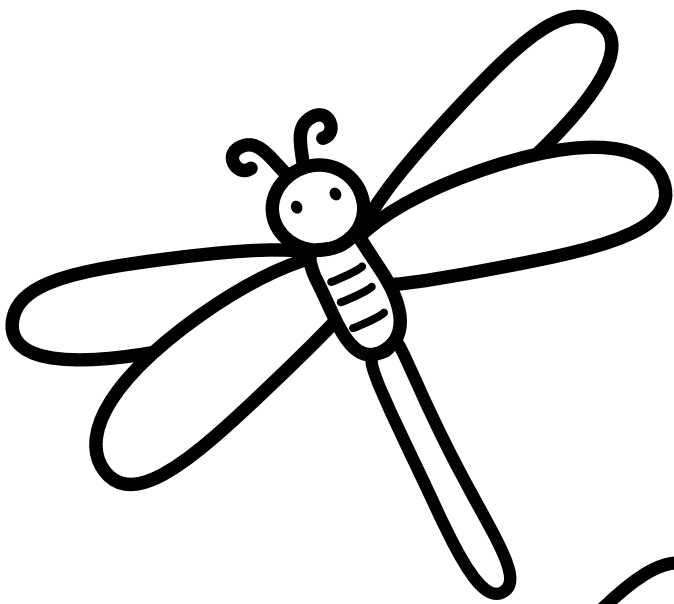


Plant a flower in a pot. Explain the planting process, discuss the lifecycle of flowers, and let them care for plants as they grow! This is a hands-on & educational experience.

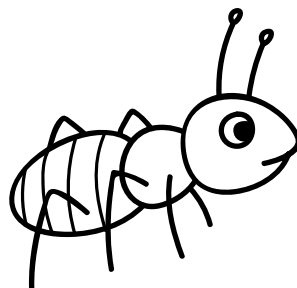
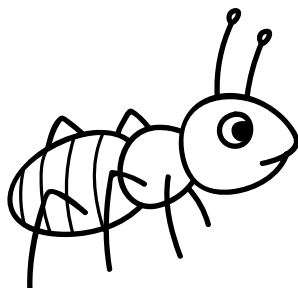
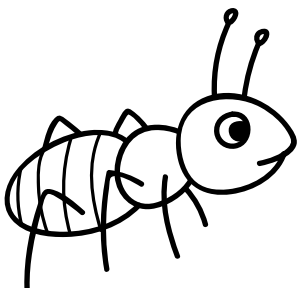


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# I is for Insect!

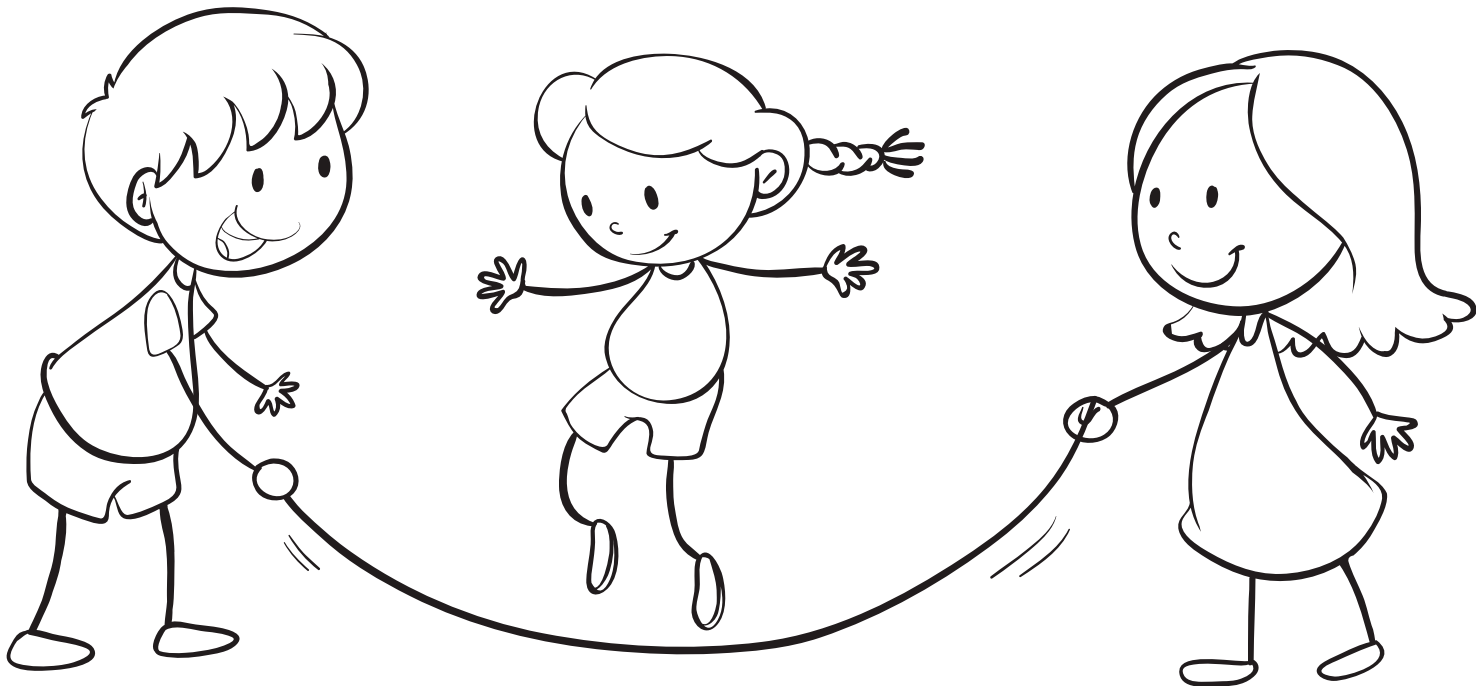


Encourage your child's curiosity by talking to them about the bugs and insects you come across. Ask them open-ended questions, such as "What do you think the ladybug will do next?" or "Where are the ants going?" and encourage them to share their own stories. These questions and stories will lay the foundation for early reading and comprehension skills.



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# J is for jump rope!

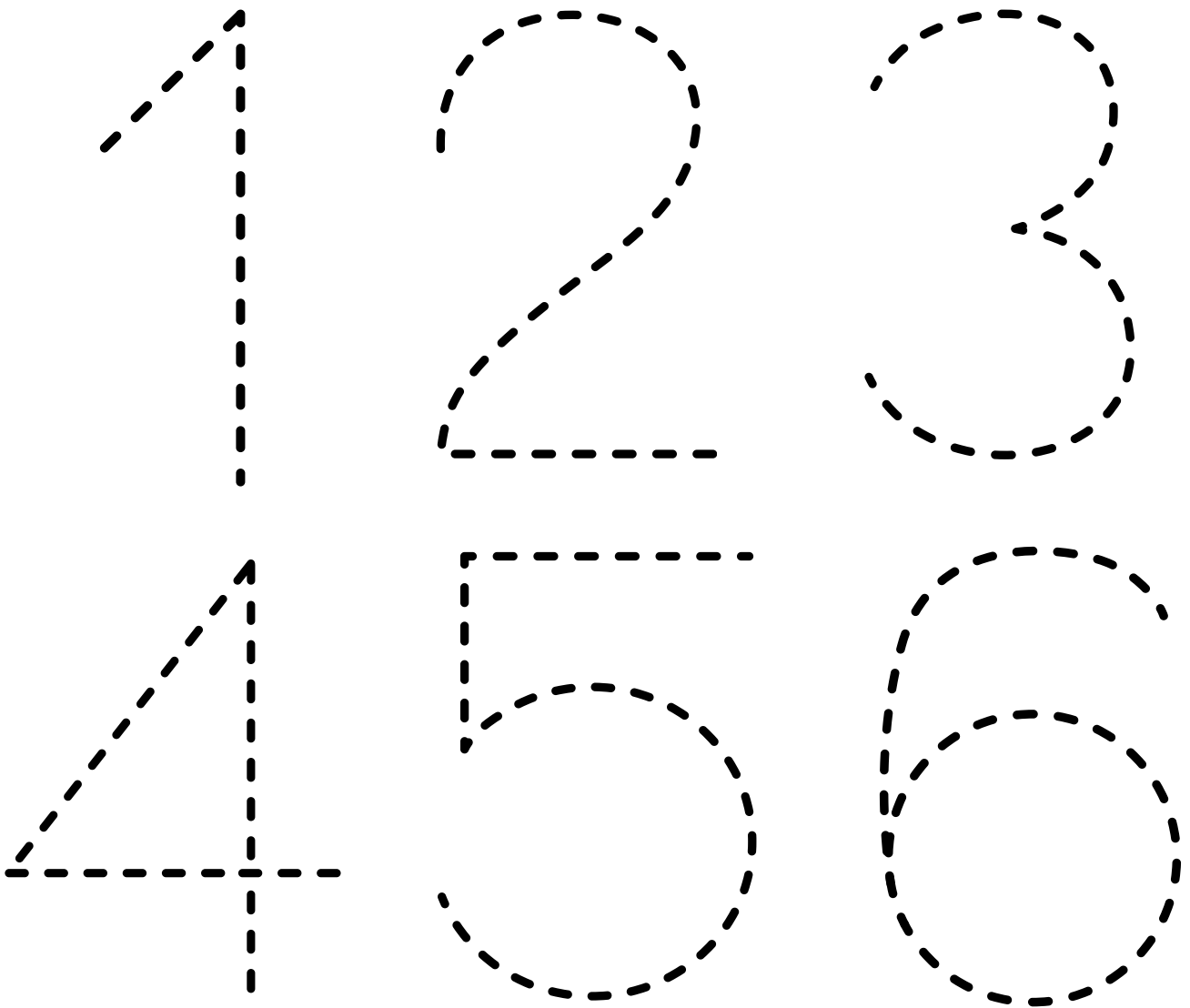


Visit our website to learn more about your child's developmental milestones, such as jumping, which typically begins between the ages of two and three.



Scan code to  
learn more about  
your child's  
development.

# N is for numbers!

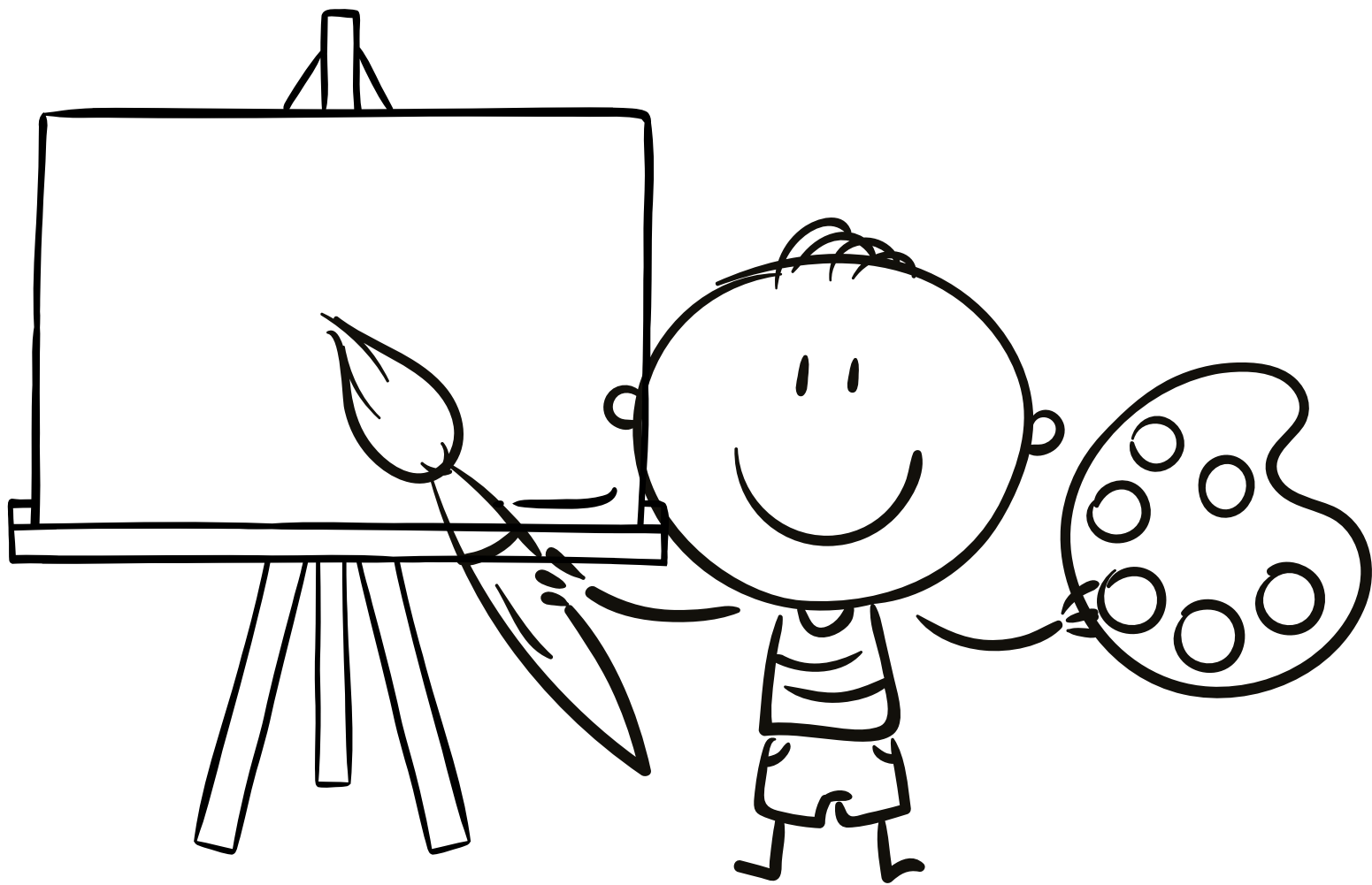


Here's a tip to help develop your child's writing skills!  
Start by having your child trace and name the numbers. Once they've got the hang of it, grab a few objects and ask them to count and sort them according to the numbers they've learned.



Scan to learn  
more about your  
child's  
development.

# P is for Painting!



Give your young child a big piece of paper to paint on because they have trouble making small arm movements. If you have any concerns about your child's development, reach out to a Help Me Grow care coordinator.



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# Q is for Quarter!



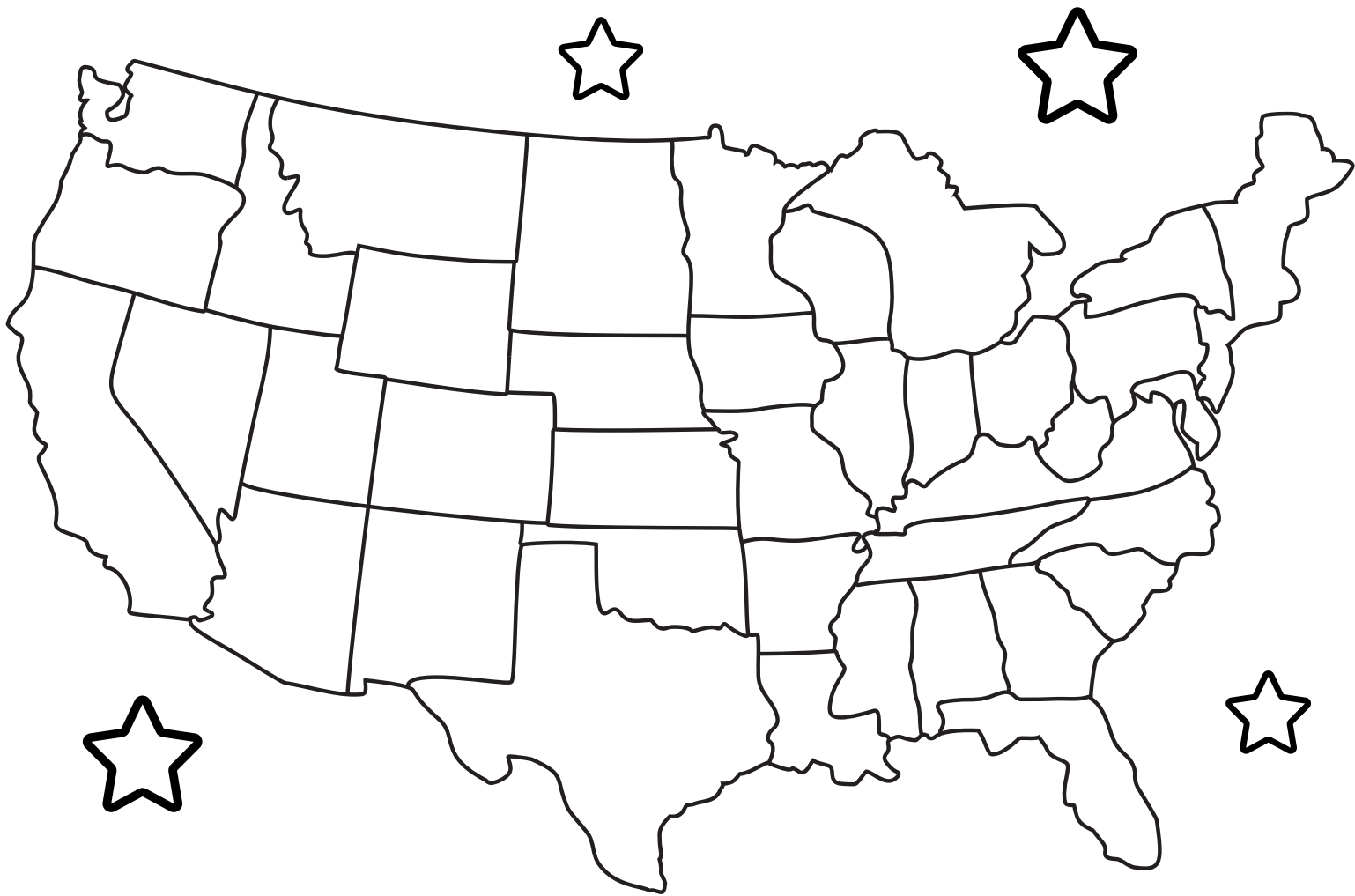
It's never too early to start a conversation with your child about the value of money. Begin by introducing them to the different types of coins and their worth. Encourage them to explore how many coins they would need to purchase their favorite toys.



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# U is for United States!



Use this map and mark where you live. Color in where your grandma, cousin, and aunt live too? Talk to your child about how far away each location is in terms of time, miles, or hours.



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