

Birth to 3 Activity Cards

<h2>Talk with your child</h2> <p>According to research the more parents talk with their children, the larger their vocabularies. So, talk with your child whenever you get the chance—in the car, at the playground, during bath time—is very important.</p>	<h2>Pictures in books</h2> <p>Point out objects pictured in books and your child's "real" life. For example, after you see the picture of a school bus in a story, you can watch one chug down the street later that afternoon. Help him make the connection between the picture and the "real" object.</p>	<h2>Pick a Book</h2> <p>As you choose books to read with your child keep the following tips in mind. Choose books that:</p> <ul style="list-style-type: none">*repeat words or phrases*encourage talking*have clear pictures*have simple stories
<h2>"Read" the world</h2> <p>Point out stop signs, exit signs, your street sign, etc. Let your child play with and "read" all kinds of written material—magazines, newspapers, catalogs, take-out menus. As you "read" the world your child will be able to read familiar words known as environmental print.</p>	<h2>Animal book</h2> <p>Cut pictures of animals from magazines or take photos of animals in your neighborhood (cats, dogs, birds, etc.). Glue these pictures to sturdy 4x6 index cards. Staple the cards together. Show your toddler each page, name the animal, and make its sound.</p>	<h2>Play "I spy..."</h2> <p>Find an object that is in your child's sight. Give the name of the object and see if your child can find the object. As your child grows give clues about the object instead of the name of the object.</p>
<h2>Songs and rhymes</h2> <p>Sing songs and nursery rhymes you know, or make up songs about your baby (Happy bathtime to you, happy bathtime to you, happy bathtime sweet baby, happy bathtime to you.) You don't have to be on key or be good at carrying a tune. Babies don't judge—they love hearing you.</p>	<h2>Supermarket math</h2> <p>If you are at the supermarket, you can talk about the colors of different fruits, count out the apples as you put them in a bag, and notice that there are big fruits (like pineapple) and little fruits (like grapes).</p>	<h2>Building Language</h2> <p>As your child speaks repeat their words using correct pronunciation and then expand their sentence. For example, if she says, "Mommy go?" You can say, "Yes, Mommy is going to work now."</p>
<h2>"Try"umphant</h2> <p>Encourage children to do things on their own or coach them on new things. Say things like, You are really trying hard to spread the cream cheese on your bagel. Or, You climbed to the top of the jungle gym all by yourself! You are getting bigger and stronger every day.</p>	<h2>Texture touch</h2> <p>Gather together small squares of different fabrics (lace, cotton, corduroy, nylon, etc.). Snip a small hole in the corner and tie them together with a piece of ribbon. Let your baby touch the fabric "book" and talk about how the different textures feel.</p>	<h2>Model problem-solving</h2> <p>Young children learn through imitation. So, take the lead and show your child how to explore and interact with objects. Take the top off the container and take the blocks out. Then put them back in and let her try.</p>

