



# little moments count

**activity  
booklet**

**making little moments count, every day**

The more you talk, play, read and sing to a child every day—particularly in the first 1,000 days—the smarter their brain becomes.

learn more @ [littlemomentscount.org](http://littlemomentscount.org)



# talking activities to build language skills



## talk baby talk

Using a fun, excited, sing-song voice helps a child learn words. Babies who hear more baby talk know more words by age 2 than those who don't.

## talk during routines

When you're cooking or getting them dressed, talk about what you're doing. It helps them connect a word to an action.

## talk in your native language

Children can learn many languages at once. English is easier to learn when they have a strong grasp of their first language.

## talk during mealtime

Describe the food's taste, feel and color. This helps children be aware of what they see. It also builds their memory and helps them group things.

## talk about everyday things

Babies are always listening. Talk about the weather, what you had for lunch, what you see when you are driving. This adds to the words they know.

## talk about your favorites

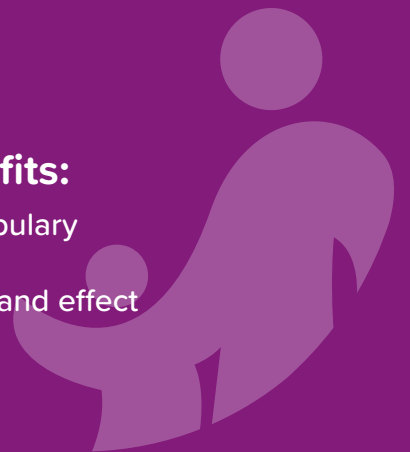
Say your favorite poems or sayings you knew as a child. Sharing connects your child to their culture.

## talk about taking turns

Repeat simple words and actions. Take turns giving and taking directions. This helps a child learn cause and effect.

## talking benefits:

- Increases vocabulary
- Creates bonds
- Teaches cause and effect
- Brings joy
- Builds memory





# playing activities to build creativity and confidence



## let them lead

Let a child show you how they want to play. Then imitate what they do and say. They will likely have more fun while building their creativity.

## make a homemade obstacle course

During naptime, create an obstacle course in your home. Make pool noodles into tunnels, couch cushions into mini-mountains or blankets into roads.

## make it a toy

Measuring cups can be nesting toys. Cotton balls are fun sensory items to help develop fine motor skills. No fancy toys needed!

## turn bath time into fun time

Let them squeeze the towel, see how soap makes bubbles, play with the water with their fingers and toes. This touch helps develop their sensory skills.

## play it again and again

Doing the same game many times may get tiring for you, but it helps children do things on their own. It also helps with focus and confidence.

## encourage exploration

A child's brain needs to figure things out. Show them how a toy works. Then be patient and let them explore and work it out.

## play in a mirror

Safely position a baby in front of a mirror. Point to their eyes, nose and mouth in the mirror. Ask them to do the same. This builds imitation skills, even if they may seem too young.

## playing benefits:

- Boosts confidence
- Develops motor skills
- Helps child solve problems
- Creates a bond
- Increases creativity



# reading activities to build memory



## read a book aloud every day

Reading to a baby from birth is one of the best ways to connect with a child. Cuddling up to read promotes healthy attachment while your child is learning words.

## talk about the pictures

When you point to the pictures and talk about them, they learn more. It also makes them curious.

## share a book to wind down

Late afternoon is a good time to read a book or tell a story. Children are often tired then. This helps you and your child relax, cuddle and connect.

## let your child pick the book

When your child chooses the book, it helps foster a love of reading. It also helps a child find their interests and gain confidence.

## make up voices

Use different voices for the characters or actions in a book. When a child sees and hears you having fun, they feel happy.

## share new words

Reading books shows a child new words and worlds. It helps them develop language skills. It also builds their brains and increases concentration.

## reading benefits:

- Connects child and caregiver
- Builds curiosity
- Boosts memory
- Increases concentration
- Builds love of reading
- Helps child relax
- Develops language skills



# singing activities to boost a baby's brain



## sing any time

Sing your favorite songs to a child any chance you get. Hearing your voice eases stress and calms a baby's heartbeat—even if you are off tune.

## repeat the same song

The beat of hearing the same song helps a child's social skills and how they handle their feelings. And, it helps them feel safe.

## get silly with the words

Have fun changing the words of songs, "the itsy bitsy elephant climbed up the water spout." It will make you both smile.

## create your own lullaby

Use the baby's name or things they did during the day in a lullaby. Singing creates a bond which is key to healthy emotional development.

## sing and count

Learn a counting song. Use your fingers to show the numbers. Young children who enjoy music show increases in pre-math and pre-reading skills.

## sing songs when getting ready

"Zip, zip your zipper up to your chin. Don't you let the cold air in." This makes tasks more fun. It also helps a child move from one thing to another.

## take turns acting out music

Jump like a kangaroo or float like clouds. Children like to move to the rhythm of music. Babies become more aware of their body. Toddlers learn movement skills.

## singing benefits:

- Eases stress
- Calms babies
- Creates a bond
- Helps emotional development
- Develops pre-math and pre-reading skills





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