Show your child how to make a shoe-shoe train by placing four shoes on the floor—big shoe, little shoe, big shoe, little shoe. Point to each as you say the pattern: “Big, little, big, little.” Give your child shoes and help them to make the pattern. Change the pattern to “Big-big, little-little, big-big, little-little.”

During your daily routines, you can help your child count. Bedtime: “OK, we’re counting to 3 and then it’s time for bed. Help me count 1, 2, 3.” Bath time: “We will wash your belly 1, 2, 3 times! Ready? 1, 2, 3.” Going up steps: “Let’s count them: 1, 2, 3!” Waiting: “I think Daddy will be here in 5 seconds. Help me count. 1, 2, 3, 4, 5!” Car seat: “Let’s count to see how long it takes for you to get into our car seat. 1, 2, 3, 4, 5, 6, 7 . . . click!”

Make counting fun. Use a silly voice or clap while you count.
Body Part Rhythms

- Say the following and do the actions:
  
  One, two, three,  
  (clap while counting)  
  Touch your knee!  
  (tap knees)  
  One, two, three,  
  (clap while counting)  
  Knee, knee, knee!  
  (tap knees three times)  

- Do again with different parts of your body: elbows, ankles, wrist, shoulder, neck, chin, etc.

Colored Ice

- Make ice cubes using water mixed with food coloring that is non-toxic.
- Put the ice cubes in a container and play with the ice cubes.
- Use the name of the color while talking, “Oh! The blue ice cube is cold.”
- Use the ice cubes as blocks and try stacking them.
- Make multiple colors and watch them mix as they melt!