





PLAY

Take a moment to ask your child questions about what they see, hear, smell, or touch. Use questions that start with who, what, where, why, and how to really get them thinking!



PLAY

Make a moment by taking turns trying to make the other person laugh. Make silly and exaggerated faces, tell jokes, act out a funny scene, or use props. Your child will have fun if they see you laughing.



MEAL TIME

Take a moment during your meal to ask your child to describe their day. Encourage discussion with open ended questions like "What's the silliest thing you did today?" Allow your child to be expressive and creative.



MEAL TIME

Take a moment to learn about your meal. Talk with your child about how ingredients in your meal may have been grown, shipped, processed, and prepared before ending up on your plate.

Everyday Moments

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PLAY

Take a moment to gather some interesting items around the yard, park, or forest. Use them in a new way, such as building a tower, funny face, picture, or musical instrument. How many different ideas can you come up with?



PLAY

Take a moment to build a fort together! Use chairs, blankets, and creativity to design a fun cave. Pretend the fort is a secret hide out, a tree house, or a rocket ship!



MEAL TIME

Take a silly moment to make food with faces, like a smiling pancake! Your child can help. Talk about what each face represents and practice making those faces yourselves. The key is identifying lots of emotions and having fun!



MEAL TIME

Take a moment during a meal to encourage your child to pay attention to the food he or she is eating. Does it taste sweet? Make your face pucker? Does it crunch between your teeth or feel slimy on your tongue?

Everyday Moments

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NIGHTTIME

Take a moment to build a story together. Fill in the blank with your favorite animal, "Once upon a time there was a _____. Finish the story by taking turns making a new line with your child.



NIGHTTIME

Take a moment to focus with your child on their breathing, encouraging them to exhale slowly to calm their mind and promote relaxation before bedtime.



ON THE GO

Take a moment to learn more about each other. Switch off asking each other questions such as: What's your favorite animal and why? At the end of your trip, you'll know a little more about each other.



ON THE GO

Take a moment on your way to an event to ask your child what he/she expects or imagines can happen. Help your child identify emotions and talk through their feelings -- especially if the event is new or scary for them.

Everyday Moments

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NIGHTTIME

Take a moment before bed to read a bedtime story your child will enjoy. As you turn the pages, ask your child to identify what emotions the character is feeling and why.



NIGHTTIME

Before going to bed take a moment to practice a little yoga with your child. Stand tall like a tree, stretch your back like a cat, or make up your own fun pose!



ON THE GO

Take an extra moment to let your child pack for a day out. Allowing them to fit the items in a box or bag will help them build spatial skills.



ON THE GO

Take a moment whenever you are on the go to ask your child to make up a fun walk or dance. Use the silly hop, skip, slide, or wiggle as you go. Pretend to steer the car, dance your feet into your shoes, or hop along the sidewalk.

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