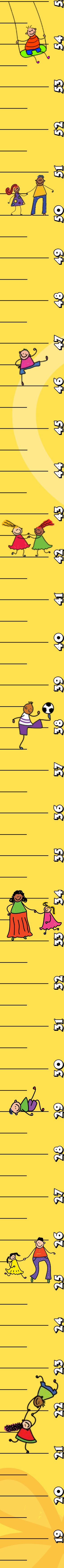


LEARNING IS

everywhere



Use words to describe the measurement activities related to the Growth Chart, such as short, tall, inches, measure, height, length, longer, shorter, etc.



Measure to the top of your child's body and then have them extend their hands above their head. How much taller would they be if they were as tall as where their hands reached?



This is me. I am ____ years old and ____ inches tall.
I am as tall as ____!

(Families: Help your child find something in the house which is the same height!)



How can your child make their self smaller or bigger? Have them kneel, sit or squat and measure their height. What happens if they stand on a step stool, or a chair?

Measure different people—friends, family members, even pets! Who is the tallest? Who is the smallest? How can you tell?

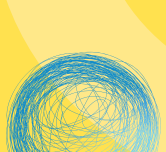


3



Help your child look for different numbers on the measurement line. Can they find the numbers that are their age? How many times can they find a particular number?

How many items can you and your child find that are of the same height? (Hint: Use books, shoes, crayons, etc. which are similar in height.)



Use a piece of string or yarn to measure the same height as your child. Help them find other objects that are as long as the string.

Help your child use blocks, boxes, plastic containers or other building materials to build a stack or tower. Use the Growth Chart to discover how tall it is!



Compare big and little as your child moves throughout their community. Help them decide if items are bigger than they are (such as a mailbox), or smaller than they are (such as a dandelion) by having them stand next to the item. Now it's your turn! Have your child help you decide if items are bigger or smaller than you are! Remember to compare height and width.

This is me. I am ____ years old and ____ inches tall.

I am as tall as ____!

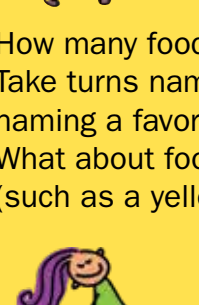
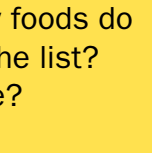
(Families: Help your child find something in the house which is the same height!)

HEALTHY FOODS TO HELP YOU GROW TALL!



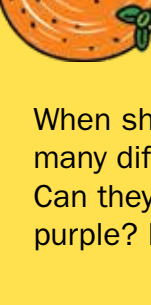
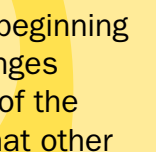
Have your child help prepare the grocery list. What healthy foods do they think should be on the list? How many can they name?

How many foods of different colors can your child name? Take turns naming a color (such as yellow) and then naming a favorite food of that color (such as banana). What about foods that are two different colors (such as a yellow grapefruit that is pink inside)?



Make the connection from the beginning of a healthy food (such as oranges growing on a tree) to the end of the same food (orange juice). What other healthy foods can your child name?

When shopping for healthy foods, how many different colors can your child find? Can they find a healthy food that is purple? How about red, orange or blue?



Use words and pictures from magazines for your child to create a grocery list of healthy items they would like to get. Once at the grocery store, help them select the items from their list. Ask why they selected the foods and talk about the taste, texture, aroma, and appearance of the foods.

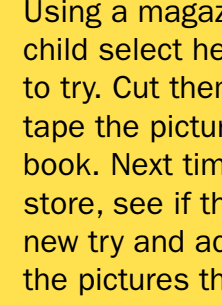
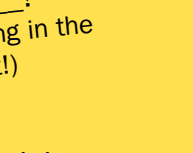


This is me. I am ____ years old and ____ inches tall.

I am as tall as ____!

(Families: Help your child find something in the house which is the same height!)

Using a magazine or newspaper grocery ad, have your child select healthy foods they like to eat, or would like to try. Cut them out so they can glue or tape the pictures into a favorite foods book. Next time you visit the grocery store, see if they can select something new try and add to their book. Talk about the pictures they chose and why they like the healthy foods.



The preparation of healthy food needs a helper to prepare! Have your child help wash vegetables and fruits, knead bread dough, put cheese on crackers, or spread nut butter on bread. What are your child's favorite ways to prepare and eat healthy foods?

RECOMMENDED BOOKS:

- When I Grow Up by P.K. Hallinan
- Growing up (Play & Discover) by Diane James, Sara Lynn & Joe Wright
- Marshmallow Math; Early Math For Young Children by Trevor Schindeler
- Curious Baby Curious George™ Counting Book by HA Rey
- Opposites (Learning with Animals) by Melanie Watt
- Fast and Slow: An Animal Opposites Book (A+ Books) by Bullard, Lisa, & Gail Saunders-Smith
- Ten Little Rabbits by Virginia Grossman & Sylvia Long
- Ten Monkey Jamboree by Dianne Ochiltree & Anne-Sophie Lanquetin

Visit the PA Promise for Children website at www.papromiseforchildren.com for more fun ideas for your child!

PLEASE PLACE THE BOTTOM OF THIS CHART 17½" FROM THE GROUND.