



My Name is

Activities

- Go on a scavenger hunt. Look for things that begin with B: bowl, basket, book...
- Play "Follow the Leader". Do things and ask your child to do the same: touch your head, turn around, sit down.
- Pick a book to read aloud together. Stop reading before the end and ask your child "What do you think will happen?"
- Sing a favorite song and clap to the beat.
- Talk about what you are making for dinner. Name the different foods you will use.
- Count the pages in your child's favorite book.

Take the Ages and Stages Questionnaire provided by Help Me Grow Alameda County. This is a great way to track your child's development, learn their areas of strength, and learn if your child needs extra support to help them grow. Follow this link to get started and find out more:

<https://www.asqonline.com/family/fb77d2>

Earn a ribbon and a free book when you complete the board!

Read books with your child and do fun activities together. Color a space for every 15 minutes you read together and every suggested activity you complete (in any order). When you've completed the whole game board, or have gotten as



Start!

Prize 1

Prize 2

Finish!

Grand Prize!

