**NOTE:** This word document contains three parent/guardian letters customized for different age groups. Please choose the version that is most appropriate, edit as needed and then print the letter for the children in your care to take home to their families.

Dear Families of Infants 0-6 Months:

Before young children begin to count the Cheerios on their trays or put blocks in the shape sorter, they are learning important early math concepts from their everyday interactions with caregivers. When caregivers incorporate language about math concepts into these interactions from the start, the roots of math concepts begin to grow and provide a solid foundation for learning math skills in the preschool years.

Today, we talked about **UP** and **DOWN** as we got dressed. You can reinforce this lesson at home when you are dressing your child. Here are a few ways to talk about **UP** and **DOWN** while you are dress your baby. As you gently pick up a foot, leg or arm to put clothes on, say: “(Child’s name) foot is **UP**, **UP**, **UP**.” Then say: “(Child’s name) foot goes **DOWN**, **DOWN**, **DOWN**” as you move the child’s foot gently down to the ground. Talk about putting hats **UP** on top of heads and socks **DOWN** on feet. Talk about “sitting **UP**” and “lying **DOWN**” as you change your baby’s position while dressing.

Dear Families of Infants 6-12 Months:

Before young children begin to count the Cheerios on their trays or put blocks in the shape sorter, they are learning important early math concepts from their everyday interactions with caregivers. When caregivers incorporate language about math concepts into these interactions from the start, the roots of math concepts begin to grow and provide a solid foundation for learning math skills in the preschool years.

Today, we talked about **UP** and **DOWN** while we got dressed. You can reinforce this lesson at home when you are getting your baby dressed. Say: “**UP**, **UP**, **UP**” as you pull a shirt up and over your baby’s head. Then say: “**DOWN**, **DOWN**, **DOWN**” as you pull the shirt on and down. Put your arms **UP** high and encourage your baby to imitate you. Use the words “**UP**, **UP**, **UP**” as you both raise your arms **UP** high. Wiggle your fingers and wave your arms **UP** high as you put the baby’s shirt on or off. Tell your baby to stand **UP** as you pull his/her pants **UP** or **DOWN**. Use these vocabulary words as you tell your baby what is happening next and how to help. Say: “Please stand **UP**. Let’s pull your pants **UP**, **UP**, **UP.** Pants are **UP**!” Or say: “Please stand **UP**.Let’s pull your pants **DOWN**, **DOWN**, **DOWN.** Pants are **DOWN**.”

Dear Families of Infants 12-18 Months:

Before young children begin to count the Cheerios on their trays or put blocks in the shape sorter, they are learning important early math concepts from their everyday interactions with caregivers. When caregivers incorporate language about math concepts into these interactions from the start, the roots of math concepts begin to grow and provide a solid foundation for learning math skills in the preschool years.

Teach **UP** and **DOWN** as you help your independent and active baby get dressed. Say: “**UP**, **UP, UP**” as you help and encourage your baby to pull his pants **UP**. Say: “**DOWN**, **DOWN**, **DOWN**” to push pants off. You will need to help, as those hand muscles and balance skills are still developing. Say: “Arms **UP**!” as you ask your baby to raise his/her arms and “Arms **DOWN**!” as you ask your baby to lower his/her arms. Use the same language with feet when putting on shoes and socks. Don’t forget about “Sit **UP**” and “Sit **DOWN**” when you need your baby to change his/her position during dressing.