

You Can Count on Me

Big transitions like going to school can be easier when children know they always have a helping hand.

Trace your hand, then trace your child's hand within yours. Invite your little one to color in both.

Together, count the number of fingers on your hands as you

write numerals on each. As you count each of your child's fingers, say something positive about your child, such as, "You are helpful to your brother" or "You are brave." Read this poem aloud:

1, 2, 3, 4, 5, 6, 7, 8, 9, 10.

Count on me again and again.

My fingers are big, your fingers are small.

But together, we can do it all!

