**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** during diaper time⎯and you can reinforce this lesson at home. Before you place your baby on the changing table, say or sing: “Time for a fresh diaper!” Hold your arms out, touch your baby’s hands and say “**UP**” as you pick your baby up. As you place your baby on the changing table, say: “**DOWN**.” When lifting your baby’s bottom to place the diaper under your baby, say: “Legs **UP**.” When fastening the diaper, say: “Legs **DOWN**.” When you’re done diapering, hold your arms out toward your baby and touch your baby’s hands. As you pick your baby up, say: “**UP**!” As you place your baby back down on the floor to play, say: “**DOWN**!”

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** during diaper time⎯and you can reinforce this lesson at home. As young infants begin to roll and crawl, diapering can become a challenge. Singing a song throughout the process can make infants more cooperative.

Before you place your baby on the changing table, begin singing “Diaper Change Time” to the tune of Fr*è*re Jacques: “Diaper change time, diaper change time, **UP**, **UP**, **UP**. **UP**, **UP**, **UP**. (Child’s name) needs clean pants. (Child’s name) needs clean pants. **DOWN**, **DOWN**, **DOWN**. **DOWN**, **DOWN**, **DOW**N.”

Approach your baby singing the first line of the song: “Diaper change time, diaper change time.” Hold your arms out toward your baby and sing the second line: “**UP**, **UP**, **UP**. **UP**, **UP**, **UP**.” Wait a few seconds to allow your baby to put his or her arms up. If this doesn’t happen, touch your baby’s hands. As you carry your baby to the changing table, sing the third line: “(Child’s name) needs clean pants. (Child’s name) needs clean pants.” As you place your baby on the changing table, sing the fourth line: “**DOWN**, **DOWN**, **DOWN**. **DOWN**, **DOWN**, **DOWN**.”

Then move on to the second verse: “Diaper change time, diaper change time, legs are **UP**, legs are **U**P. (Child’s name) has clean pants. (Child’s name) has clean pants. Legs are **DOWN**. Legs are **DOWN**.”

Sing the first line of the second verse as you unfasten the infant’s diaper: “Diaper change time, diaper change time.” Then sing the second line: “Legs are **UP**, Legs are **UP**.” Wait to see if your baby brings up his or her legs. As you place the clean diaper under your baby, sing the third line of the song: “(Child’s name) has clean pants. (Child’s name) has clean pants.” When fastening the diaper, sing the final line of the song: “Legs are **DOWN**, Legs are **DOWN**.” When diapering is finished, hold your arms out toward your baby. Say: “**UP**.” Wait for your baby to put his or her arms up and/or vocalize. As you pick your baby up, say: “**UP**.” As you place your baby back down on the floor to play, say: “**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.

Today, we talked about **UP** and **DOWN** during diaper time⎯and you can reinforce this lesson at home. As young infants begin to roll and crawl, diapering can become a challenge. Singing a song throughout the process can make infants more cooperative.

Before you place your baby on the changing table, begin singing “Diaper Change Time” to the tune of Fr*è*re Jacques: “Diaper change time, diaper change time, **UP**, **UP**, **UP**. **UP**, **UP**, **UP**. (Child’s name) needs clean pants. (Child’s name) needs clean pants. **DOWN**, **DOWN**, **DOWN**. **DOWN**, **DOWN**, **DOWN**.”

Approach your baby singing the first line of the song: “Diaper change time, diaper change time.” Hold your arms out toward your baby and sing the second line: “**UP**, **UP**, **UP**. **UP**, **UP**, **U**P.” Wait a few seconds to allow your baby to put his or her arms up or vocalize. If this doesn’t happen, reach out and touch your baby’s hands. As you carry your baby to the changing table, sing the third line: “(Child’s name) needs clean pants. (Child’s name) needs clean pants.” As you place your baby on the changing table, sing the fourth line: “**DOWN**, **DOWN**, **DOWN**. **DOWN**, **DOWN**, **DOWN**.”

Then move on to the second verse: “Diaper change time, diaper change time, legs are **UP**, legs are **UP**. (Child’s name) has clean pants. (Child’s name) has clean pants. Legs are **DOWN**. Legs are **DOWN**.”

Sing the first line of the second verse as you unfasten the infant’s diaper: “Diaper change time, diaper change time.” Then sing the second line: “Legs are **UP**, Legs are **UP**.” Wait to see if your baby brings up his or her legs. As you place the clean diaper under your baby, sing the third line of the song: “(Child’s name) has clean pants. (Child’s name) has clean pants.” When fastening the diaper, sing the final line of the song: “Legs are **DOWN**, Legs are **DOWN**.” When diapering is finished, hold your arms out toward your baby. Say: “**UP**.” Wait for your baby to put his or her arms up and/or vocalize. As you pick your baby up, say: “**UP**.” As you place your baby back down on the floor to play, say: “**DOWN**.”