**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 **STOP** and **GO** during mealtime. You can reinforce this lesson at home when you are feeding your baby. Use the words **GO** and **STOP** as you prepare food/bottles and as you feed your baby. Gently say: “**GO**”when you start to warm the bottle and then “**STOP**” when you pull it out of the warmer. Gently say: “**GO**” when you begin feeding your baby and “**STOP**” when you **STOP** to burp or finish feeding.

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 **STOP** and **GO** during mealtime. You can reinforce this lesson at home when you are preparing for meals with your baby. These activities may also help you keep your little one engaged and happy while you work to get meals ready. Practice blowing to cool warm food. Say: “The food is hot. Let’s blow to cool it down. **GO**!” Then start blowing. “**STOP**!” Then pull back from the bowl and **STOP** blowing. Repeat this sequence playfully with your baby until the food is cool. Your baby may begin to blow too!

Engage your baby while you stir food. Infants love the playfulness of the **STOP** and **GO** stirring. Offer your baby a spoon to hold. Say: “Let’s stir the sweet potatoes. **GO**!” Begin stirring. Count to 10 while you stir. Then say: “**STOP**!” Make the stirring seem like really hard work and sigh and act tired when you **STOP** stirring. Then repeat. Holding a spoon and later pretending to stir in a bowl gives your baby an opportunity to actively participate as he/she learns **STOP** and **GO**.

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 **STOP** and **GO** during mealtime. You can reinforce this lesson at home when you are preparing meals. You may be able to keep your hungry tot engaged and happy while you work to get meals ready. Practice blowing to cool warm food. Say: “The food is hot. Let’s blow to cool it down. **GO**!” Hold the food so that both you and your baby can safely blow on it. Then start blowing. Puff out your cheeks and blow hard. Say: “**STOP**!” Then pull back from the bowl and **STOP** blowing. Repeat this sequence playfully with your baby until the food is cool. Count the number of times that you blow together. If you are too busy preparing meals to hold the food out safely for your baby, then give your baby a bowl with pretend food. Have your baby “help” you cool this food down as you say: “**GO**!” and “**STOP**!”

Stir food together using “**GO**” and “**STOP**.” Offer your baby a spoon to hold and a bowl with some real or pretend food. Say: “Let’s stir the sweet potatoes. **GO**!” Begin stirring. Count to 10 while you stir. Then say: “**STOP**!” Make the stirring seem like really hard work and sigh and act tired when you **STOP** stirring. Then repeat. Stirring real or pretend food gives your baby an opportunity to actively participate as he/she learns **STOP** and **GO**.