

# Munch Minute

EASY INFORMATION FOR PARENTS



## COUNT FOR FUN, EVERY DAY

### Count out loud:

- As you go up and down stairs
- How many towels or socks you fold
- The clouds or balloons in the sky
- The red cars that pass by
- How many plates you need to put on the table for dinner
- Your fingers and toes together
- The number of hops it takes to get across the room

