

Brain builders for your child

48 - 60 months



One Letter at a Time

Is your child curious about spelling? Take turns going back and forth spelling a simple word like “cat.” You say “C,” they say “A,” and you say “T.” Add a twist and help them spell the word backward with you!

Brainy Background™

Playing games like this helps your child connect letters and sounds. Spelling backward helps them to think flexibly and not just go on autopilot. Spelling games like this one also help prepare them for later reading and writing.

Tip # 146  

Food Finder

At the store? Ask your child to find one orange, two apples, and three bananas (or any items on your list). As they bring them to the cart, have them count out each item one by one. Take one of the items out and ask them how many are now left.

Brainy Background™

When you use everyday experiences to teach counting, the idea that numbers stand for actual objects becomes real. With this game, they’re counting backward and forward—using the skills of focus, self-control, and remembering.

Tip #293  



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Follow the Bouncing Ball

Ask your child to play a game of pretend catch. Imagine you're holding a ball and throw it to them. Encourage them to throw it back to you. Try making the ball bigger or smaller. Talk with them about what you're doing: "I'm going to throw it fast! Get ready!"

Brainy Background™

As you and your child pretend to throw a ball back and forth, you're sharing the give-and-take of communication. They're also practicing seeing through another person's eyes, as they imagine the size and speed of the ball—an ability that is essential in relationships.

Tip # 873



Shelf Help

Ask your child to help you in the kitchen. Let them organize a shelf and find their own way to group things. If they need help, it's OK to suggest things like "boxes here and cans there." Or they could put crunchy food like cereal and crackers together. You can even give them a towel to wipe out the shelves to help you get started. Most children love to do grown-up things like this!

Brainy Background™

Your child is building their brain when they organize and put things in groups. These skills will help them with math, reading, and science later in life. When they take on grown-up jobs, it can help them see things from different points of view.

Tip #827



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