



WASH YOUR HANDS FOR 20 SECONDS.

LET'S COUNT TOGETHER!

1 2 3 4 5



HOW DO YOU TAKE CARE OF YOUR TEETH?

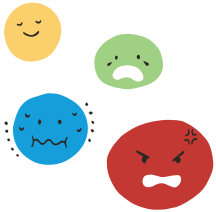


MY FAVORITE FRUITS AND VEGETABLES ARE...



LET'S TALK ABOUT HEALTHY HABITS

- Make up a handwashing song to the tune of your child's favorite song.
- Try new fruits and veggies with your child. Talk about how they look, feel and taste.
- Turn bath time into math time by counting each finger and toe as you wash.
- Ask your child how they're feeling. When they're overwhelmed, take deep, slow breaths together and count to 10.



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