

**When getting dressed...**

- ...count out articles of clothing with your child
- ...count body parts as the clothing is put on
- ...have your child point out shapes like circles, triangles, squares, and rectangles in fabric prints, fasteners, and pockets

When doing laundry...

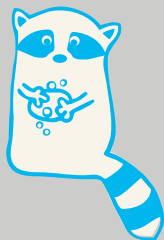
- ...sort clothes with your child into piles of "more" or "less"
- ...ask your child to help put a specific number of clothing items into the hamper or basket, and then count with her as she does it
- ...have your child match socks to help them understand sets of objects

When waiting around...

- ...try simple math games such as "counting cars" to create learning opportunities

**When cleaning up...**

- ...ask your child to pick up a set number of objects and count with him as he does it.
- ...have your child count the number of steps she took to pick up each of the objects or to complete the cleanup task.
- ...name the shapes of the objects that the child is tidying up

When washing hands...

- ...count the squirts of soap and then count to 10 while your child washes—you'll reinforce counting knowledge *and* thorough hand washing!

When preparing meals...

- ...try measuring out an ingredient using three different cup containers so your child can see and count "three cups of flour"
- ...teach "order irrelevance" by asking, "If we count from left to right, do we still get the same number of cups of flour?"

**When eating dinner...**

- ...engage your child in conversations about *more or less*: "Do I have more or less mashed potatoes than you have?"
- ...play "how many" games: "How many forks are on the table? How many carrots are on your plate?"
- ...have your child count food items as they are served

When bathing...

- ...ask your child to count the cups of bath soap or number of toys in the tub.
- ...hang a wall clock in the bathroom and show your child how to tell how much time has elapsed while they're in the tub

When brushing teeth...

- ...use a small egg timer to help your child develop a sense of elapsed time (and to be sure they brush their teeth long enough!)

When reading bedtime stories...

- ...choose stories that incorporate math themes like counting or shapes
- ...look for ways to introduce math talk even if the book isn't specifically about math—have your child count the number of animals a character meets, for example

**When saying goodnight...**

- ...have your child count the number of events in his "goodnight routine": getting into bed, fluffing pillows, turning on night lights, organizing stuffed animals
- ...put the child's night light on a timer and say, "Count to the highest number you can to see how long the light takes to go to sleep."
- ...count bedtime kisses with your child—and then give him an extra one!