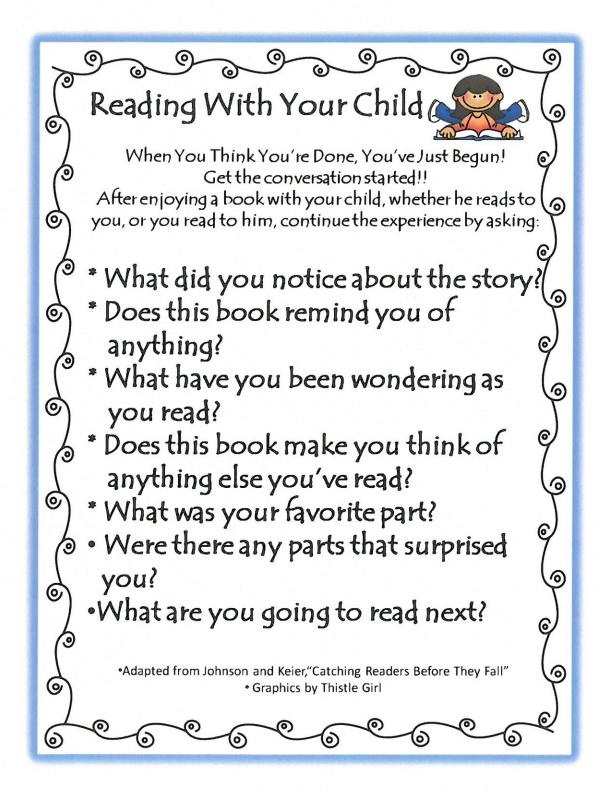
Welcome 2019! The new year is here and it's time to work on some new "healthy habits" for your family. Family time is so important. Why not make reading and math part of this valuable time with your kids? You and your children will be so "fit" in math and reading that people will ask, "Have you been working out?". 20 minutes a day is all it takes to become better at reading and math!





Count your steps as you take a walk. Count by I's, 2's, 5's, and 10's.

Give your child story problems to try and solve. Have your child Have children point explain how to solve

the problem.

Give your child coins to practice counting money.

out patterns they find.

Let your child help you cook. Cooking involves a lot of counting and measuring.

Help your child learn math vocabulary.

Show your child that math is in our everyday lives.

-first.blogspot.com