

**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...**

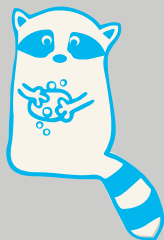
...sort clothes with your child into piles of "more" or "less"  
 ...ask your child to help put a specific number of clothing items into the hamper or basket, and then count with her as she does it  
 ...have your child match socks to help them understand sets of objects

**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!