

RESOURCES & RECOMMENDATIONS



RECOMMENDED BOOKS FOR BABY

- 1, 2, 3 to the Zoo, by Eric Carle
- Count with Maisy, by Lucy Cousins
- Does a Cow Say Boo? by Judy Hindley

RESOURCES FOR PARENTS

- Visit places like the **Maine Wildlife Park in Gray**—or a farm or petting zoo closer to home—so baby can see and hear animals up close.
www.mainewildlifepark.com
- Take baby to an area **Children's Museum** for some hands-on (or hands-and-knees) exploration.
Augusta: childrensdiscoverymuseum.org
Bangor: mainediscoverymuseum.org
Portland: childrensmuseumofme.org
- Search the web for science and math activities for your young child. Check out atozkidsstuff.com/tmath.html for math and search “help your child explore science” at nsta.org.
- Check out the website for the **Harold Alfond College Challenge** to see all of the quarterly pamphlets. www.500forbaby.org



Science and math add up to a bright future!



Harold Alfond College Challenge

SCIENCE & MATH

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Building core science and math skills, from toddlerhood through high school, puts a strong foundation in place for your baby's future.



Science & Math—It All Adds Up!

Helping your child realize from a young age that science and math are all around her and part of her everyday life will make what might feel intimidating, easy. It will be a long time before your baby needs to think about algebra or chemistry. For now, do simple things with her like colorful puzzles or blowing bubbles. Help your child become

familiar with everyday objects to build interest and awareness.



Three Things You Can Do:

1 EXPLORE THE NATURAL WORLD

When you are reading with your baby, as you walk around your neighborhood, or even as you drive in the car, point out trees, cows and clouds. Saying the names of objects helps babies build connections with the world around them.

2 EASY AS 1-2-3

Count objects out loud as you give them to your child and point to them while you do it. Whether you're handing out a snack or putting on socks, there are plenty of opportunities to introduce numbers to baby.

3 STACK CUPS UP, KNOCK THEM DOWN!

Babies love the experience of grabbing and stacking the brightly colored cups we remember from our own childhood. Your little engineer-in-the-making will love to see how things fit together... and come apart!

Start Today!

Every dollar saved for college for your child is an investment in your child's future. Even \$10 or \$20 a month will add up. Start saving today and watch the opportunities for your child's future grow.