

## DO THIS AT HOME

# When We Were Little; Now That We're Big

Try this activity at home to reinforce what your child learned about the growth process.

### What Your Child Will Learn

Having the opportunity to reflect on what babies do, what we currently can do, and what we still hope to learn is a fun and insightful way for your child to learn about the growth process. It is also a nice reminder for you to celebrate your child's every stage and milestone, knowing that there are always skills to be further developed, but making sure to reflect on how much your child has accomplished.

### Materials Needed

photographs of your child at different ages, with descriptions of how old he was and what he was doing in each photograph

*When I Was Little* by Jamie Lee Curtis (or similar story about growing up)

### What to Do

- ▶ Talk to your child about when he was a baby. Ask questions such as: "When you were a baby, what things did you probably like to do?"
- ▶ Next, talk about what things babies cannot yet do, and are still learning.
- ▶ Now, talk about how old your child is today and ask the same questions: "What things do you like to do?" and "What are you still learning?"
- ▶ Show your child the pictures and see if he can match each age and description to the picture. Ask questions to see if your child remembers the event.
- ▶ End with a story such as *When I Was Little* by Jamie Lee Curtis, which shares some of the fun stages of growth and development and also celebrates that we are continuing to learn and grow every day.

\*You can download this activity and the other at-home activities in this book at [www.centerforresilientchildren.org/SSES](http://www.centerforresilientchildren.org/SSES).