

## Baking and Cooking with Your Child--Measurement

### Advice for Families

- Use daily routines to model the importance of measurement in our lives (cooking, selecting what to wear, playing a game, etc).
- During daily routines, draw attention to measurement attributes. For example: “My shoe is *longer* than your shoe, but baby Jason’s shoe is *shorter* than yours.”
- Use “measurement” vocabulary to expose your child to the many ways we measure in our daily lives (feet, quarts, miles, inches, hours, pounds, etc).
- Engage your child in conversation about measurement, asking questions like: “How big,” “How tall,” “How much,” “How far,” “How old,” etc.
- Create an atmosphere that promotes attitudes of curiosity, risk taking, and experimenting with problems and solutions (For example, let your child help decide which bowl to use when making pancakes).
- Read books that focus on measurement like *Goldilocks and the Three Bears* (“That porridge is too hot...too cold...just right”).
- Use time related vocabulary (yesterday, 10 minutes, three o’clock, etc.) in your conversations, but realize that concepts of time are very difficult for young children and will be fully understood later when they enter school. Just hearing the words prepares them for future understanding.