

*Dear Family,*

**In my class today** we compared our heights.

**Did You Know?**

- From the moment you are born, you begin to grow. You will get the tallest you will be by the time you are an adult. Your body changes as you get taller; your hair grows, your teeth come in and fall out and grow in again, and you gain weight. All living things need food, water, air, and a safe place to live in order to grow. We all get taller, but at different rates. Most children grow faster during the spring than any other time of the year.
- How tall you will grow depends mostly on the heights of your parents and grandparents. If most of the people in your family are tall, chances are that you will be tall as well. However, this is not always true; you won't know how tall you will be until you have reached adulthood.

**Ask Your Child:**

- Tell me how you compared heights.
- Tell me some things you are taller than.
- What are some things you are shorter than?
- What can you tell me about growing?
- Can you tell me some other things that grow?

**Activities To Do With Your Child:**

- Show your child pictures from when he or she was an infant, from the first birthday, and from later birthdays. Discuss how much your child has grown.
- Have your child compare his or her height to other family members; who is taller/shorter/about the same height?
- Have your child compare his or her height to other items in the house. What things are they taller than, what things are they shorter than, what is about the same height?

**Vocabulary To Use With Your Child:** measure, grow, height, tape measure, ruler, compare