Helping Verbs, Auxiliary Verbs - Do, Does and Did:
A helping verb is used with another verb to form its conjugations. Helping verbs (auxiliary verbs) are action, state, or being words that are used together with other verbs to express changes of thought such as voice, mood, tense and other shades of meaning. Say it! Write it! Repeat it!

I do work.

You do work.

He, she, or it does work.

We do work.

You all do work.

They do work.

Mark does work.

Matt does work.
Helping Verbs, Auxiliary Verbs - Do, Does and Did:

A helping verb is used with another verb to form its conjugations. Helping verbs (auxiliary verbs) are action, state, or being words that are used together with other verbs to express changes of thought such as voice, mood, tense and other shades of meaning. Say it! Write it! Repeat it!

I did work.

You did work.

He, she, or it did work.

We did work.

You all did work.

They did work.

Mark did work.

Matt did work.