



COACHING PARENTS TO NURTURE HEALTHY BRAINS & LITERACY

TALK

- *Have conversations with your child as often as possible. Ask questions: who, what, where, when, why, and how?*
- *Tune in to what interests your child; notice and encourage their responses.*
- *Use lots of different words and avoid harsh words.*
- *Notice when your child needs special attention or a hug and give it to them!*

READ

- *Set a regular time for reading with your child, like bedtime, after a meal or bath. Making up stories with pictures is also great for the imagination!*

SING

- *Singing songs to and with your child is a fun way to expand vocabulary and connect with them.*

PLAY

- *Play interactive games like, “peek-a-boo,” “pat-a-cake,” dress up, board games, sports, etc.*
- *Limit screen time appropriately for your child's age. Interactions with people are best!*

Encourage everyone who cares for your child to join in!