



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!