



Tips For Parents to Nurture Their Child's Healthy Brain Development and Literacy

TALK

- Have conversations with your child as often as possible. Even if they are not using words yet, you can respond to their reactions.
- Use your home language: children are able to learn multiple languages at a time!
- Use lots of different words to help build vocabulary.
- Avoid speaking harshly to your child.
- Give your child an encouraging word or a hug when they need it!

SING

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

READ

- Set a regular time for reading or telling stories with your child, like bedtime, after a meal or bath.

PLAY

- Play interactive games together like, "peek-a-boo," "pat-a-cake," board games, etc.



Limit screen time according to your child's age. Almost no screen time is recommended before the age of the 3! Remember, interactions with people are best for developing healthy brains!

Encourage everyone who cares for your child to join in!