

2020 Summer



BIRTH TO 3-YEAR-OLDS

TALKING CHALLENGE

Research has found that providing children starting at birth with consistent, language-rich experiences - such as talking, reading, and singing - can have important benefits on their brain development and future school success. A gap in the quantity and quality of words that children learn can directly impact their opportunities to succeed in school and later in life. For more information on how to **RISE** to the challenge visit: www.talkwithmebaby.org.

WHY TALKING MATTERS INFORMATION



A baby's brain grows super fast. Research shows that the number of loving words a baby hears in the first three years of life makes a **BIG** difference.



The **BEST** conversations happen in the language the child first hears and the language the parent or caregiver is most comfortable speaking.



By the time a child enters kindergarten, those who heard lots of loving words have **DOUBLE** the vocabulary of those that did not.



A **CRITICAL** milestone for a child's success in school and life is the ability to read by the end of third grade.

BATHTIME & BEDTIME TALKING TIPS



[GETTING CLEAN]

Bathtime is a great time to talk with your baby about washing rituals, name body parts, and sing songs.

www.talkwithmebaby.org/bathtime

You will often have to wash your baby's hands, so talk with your baby about how to get their hands clean.

www.talkwithmebaby.org/washing_up



[TIME FOR BED]

Help your baby learn about rest times by providing lots of loving words about jammies, lights off, and being sleepy.

www.talkwithmebaby.org/bedtime

PLAYTIME & READING TALKING TIPS



[HAVING FUN]

Playtime is fundamental to a child's early development. Describe your baby's toys, ask questions, and respond with lots of loving words to your baby's choices while playing.

www.talkwithmebaby.org/play_time



[STORY TIME]

Encourage a love of literacy by reading with your baby as much as possible and talking about books, stories, and reading. Cuddle while sharing a book with your child.

www.talkwithmebaby.org/reading

CHANGING & DRESSING TALKING TIPS



[NEED A CHANGE]

Talk or sing with your baby during the daily activity of changing, pointing out body parts and explaining your actions.

www.talkwithmebaby.org/changing



[GETTING DRESSED]

You dress and undress your baby many times a day, so take the opportunity to talk or sing with your baby. Describe how clothes change with the weather or turn the chore of laundry into a chance to talk with your child.

www.talkwithmebaby.org/dressing



[MEAL PREP]

Talk with your baby about food, meals, utensils, recipes, and eating rituals while your prepare and cook. When you talk with your child about foods, you're building both their vocabulary and healthy eating habits.

www.talkwithmebaby.org/cooking



COOKING & MEALTIME TALKING TIPS

[TIME TO EAT]

Mealtime is an excellent time to talk with your baby and describe foods and sensations they experience.

www.talkwithmebaby.org/meal_time