

Talk, Read, Play, Sing

Talking points for Parents

- Did you know? If you change the first five years, you change everything!
- The best thing you can do is to Talk, Read, Play, Sing with your child?
 - 30 minutes/day. Every child. Every day.
- Learning begins at birth. Learning happens through play.
- When you talk, read, play, and sing with your child—even before they can use words—you're helping them learn.
- Research shows that talking, reading and singing with your child every day from birth helps build their brains as well as important language, math, reading and social skills for use in school and beyond.
- Thus, you can help grow their brain and prepare them for success in school and life.
- As a parent, you are encouraged to talk, read, play, sing during many moments of everyday routines: eating; driving in the car; taking a bath; diapering; going to grocery store; etc. These are easy, critical ways to boost your baby's brain power.
- You probably naturally talk to your baby about the events of the day. Keep doing it, and do it more!
- The more words and conversations you share together, the better prepared they will be to learn.
- The more you as a parent meaningfully interact with your young child, the more your child's brain will grow and develop. And this an amazing opportunity.
- You are your child's first teacher!
- There is almost nothing else that will achieve a bigger, more positive impact on the life of your child. If you want to change your child's life for the better, the best, easiest, least costly way is to change the first 5 years.