

# #TALKINGISTEACHINGTIPS CALENDAR



Talk, read, and sing with your children every day! Simple interactions like the ones below can help boost children's brain and language development, setting them up for success in school and beyond. Please share photos of your family talking, reading, and singing using the hashtag #TalkingIsTeachingTips.

1

How can you tell when someone is feeling happy or angry? Talk about how your face changes depending on how you feel. "When I'm mad, I scrunch my nose!"

2

Sing "You Are My Sunshine" with your baby. Remind them of the joy they bring you, even when skies are gray.

3

Spend quality time snuggling and reading together every day. This gives your child opportunities to develop healthy social-emotional skills.

4

Listen to music and talk about how each song makes you feel. "This song makes me want to do a happy dance! How does the song make you feel?"

5

At the end of the day, ask your little one to tell you about one thing that made them feel happy today and one thing that made them feel sad.

6

While reading books with your child, point out how different characters might be feeling. "The papa bear is frowning! I think he is angry..."

7

When you or your child are feeling overwhelmed with big feelings, take a dance break! Play some music or sing a happy song and dance together. How do you each feel after your dance break?

8

Use colors to express feelings! Encourage your child to scribble or draw a picture using colors to show how he is feeling. Talk together about the colors and feelings.

9

Establish a consistent family routine, like family game night or eating meals together as often as possible. This strengthens family bonds and can boost your baby's social-emotional development!

10

Give your baby age-appropriate art materials like chunky crayons and paper to create art together.

11

Talk with your baby about his day! Ask them what he did, how he felt, and what he wants to do tomorrow!

12

Talk about your job or workers you see out and about! What is the construction worker building? How does a firefighter help people?

13

Talk with your child about the weather each day! What do they see in the sky when it is sunny, cloudy, or rainy?

14

Cuddle and share a story about your childhood. It's a great way to bond with your baby.

15

When you go on a walk with your baby, count the trees, leaves, cars, or animals that you see.

16

Grow your baby's vocabulary by using big words like "humongous" or "gigantic" instead of "big."

17

Talk with your child in your native language. Speaking together in two or more language builds your baby's brain.

18

Use stories to spark creativity and imagination. During story time, ask your child, "What do you think will happen next?" Or ask her to make up and tell you a story of her own!

19

Spending time drawing and coloring with your child can develop her creative, motor, and language skills! Ask her to draw their favorite food or animal!

20

Go on a "shape hunt" with your little one. Search for different shapes in your home and around your neighborhood.

21

Have fun finding things of different sizes and using words to describe them. Ask, "Can we find something big? Humongous? Small? Tiny? Short? Tall?"

22

Go on a number hunt! Take turns pointing to and naming the numbers you see on signs, in books, or at the store!

23

Ask questions about your child's art. You can say, "I noticed you used the color blue. Why?"

24

When you read together, let your baby help turn the pages—it can help build their interest in books.

25

Play "I-Spy" by taking turns naming and describing the things you each see. Say, "I spy with my little eye...a big red truck. You?"

26

During bedtime, talk with your baby about your favorite parts of the day.

27

Talk about colors and clothing. Say, "I noticed you're wearing a red shirt and blue pants. What colors am I wearing?"

28

Use words to describe time with your child as you do different activities. Was the walk long or short? Do you like long walks or quick walks?

29

Laughing is an important part of learning! Play fun games like "peek-a-boo" or sing funny nursery rhymes.

30

Celebrate the things that make your child unique! Create a song with your little one about what makes her special and sing it together.



**TOO SMALL TO FAIL**

