

# #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

Teach your child healthy habits by modeling them yourself. When it's time to brush your teeth or wash your hands, invite your little one to join you!

2

Turn bath time into math time by counting each finger and toe as you wash. There's so much to count during bath time - arms, legs, fingers, bath toys, and even pumps of soap!

3

Dancing is good for your mind and body! Ask your child, "What are 3 songs that make you feel happy?" Then, sing them together and have a dance party at home.

4

How many colors are on your plate today? Talk to your child about how a colorful diet helps us stay healthy and strong.

5

"Head, Shoulders, Knees and Toes" teaches your child about the parts of the body! Sing it together and remind your child that exercise helps to keep your heart healthy and strong.

6

Getting enough sleep each night helps our bodies recharge for a fun day ahead. Make a bedtime checklist with your child. "We have to brush our teeth and take a bath. What else do we need to do?"

7

Washing hands is a great way to stay healthy and to get rid of germs. Make up a handwashing song to the tune of your child's favorite song. Then, sing it together when you wash your hands!

8

Take time to check in on your child's emotions by asking your little one how they are feeling throughout the day. When big feelings are overwhelming, take deep slow breaths together and count to 10.

9

Talk about clothing and the weather. "What do we wear when it is cold? Warm?"

10

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

11

Talk about shapes as you eat healthy and yummy snacks! Compare the shape of a square cracker or a round tomato!

12

Have fun pretending to move and sound like different animals. "Ribbit and hop like a frog" or "chirp and flap your wings like a bird"!

13

Talk about water on a rainy or snowy day! What does water feel like? Taste like? Sound like?

14

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

15

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!

16

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!

17

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

18

Use your senses to explore the environment around you! What do you see? Hear? Smell?

19

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

20

At the grocery store, give your baby an apple to hold in each hand. Ask, "Which is heavier? Which is lighter?"

21

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

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

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

24

Have fun playing outdoors with your baby and talking about what you see together!

25

As you do laundry, play a game of finding the matching pairs of socks with your baby.

26

Your baby loves to hear your voice. Talk, read, and sing together every 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

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

29

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

30

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



**TOO SMALL TO FAIL**

