#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 Help your child learn simple math concepts like measurement by reading and following recipes together to prepare a snack or meal. Use words like "half" or "full."

2 Talk about healthy foods! Describe the foods that you and your baby eat. For example, "these peppers are red and shiny," or "These carrots are yummy and crunch!"

3 Play "I-Spy" while you look for fresh fruits and vegetables. You can say, "I spy something long, smooth, and purple. An eggplant!" Then say, "What do you spy?"

4 During meal or snack time, ask your child questions like: "How many carrots are on your plate?" or "Which apple is bigger? Biggest?"

5 Let's have a healthy food sing-along! Have fun with your baby while you sing food songs like "Fruit Salad" or "Apples and Bananas" together.

6 At the grocery store or during meal times, make fun food rhymes like "Banana, fanana, zanana!"

7 During meals, share conversations about your day. This can strengthen your bond with your baby and build his/her self-esteem.

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

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

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

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

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

13 Use colors to express feelings! Encourage your child to scribble or draw a picture using colors to show how he is feeling.

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

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

16 During bath time, use words like "sink" or "float" to help your child experiment and learn new words.

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

18 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"!

19 Turn on your baby's favorite songs and move your bodies as you dance together!

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

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

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

23 Practice saying and spelling your child's name with them! Write it out and trace the letters together, or spell out their name in a song!

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

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

27 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"!

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

29 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?

30 Have fun finding things of different sizes and using words to describe them Ask, "Can we find something Tiny? humongous?"