

TALKING IS TEACHING CHECKLIST



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.
Have your child check off the box once you complete an activity together!

- Sing a getting ready song to the tune of The Wheels on the Bus! "The comb in my hair goes brush, brush, brush..."
- Play some upbeat music and have a dance party! Exercise is a fun way to care for our bodies.
- Start your mornings with words of affirmation together in the mirror. "I am kind. I am brave. I am lovable."
- Helping with chores builds confidence and independence! Invite your little one to help you with light housework.
- Invite your child to help with preparing snacks and meals, and count as you go! "Let's put three carrots on the plate...1..2...3!"
- Share about a self-care moment from your day and ask your little one to tell you something nice they did for themselves today.
- Pretend to be at a spa during bath time. "This lavender soap smells lovely!"
- Yoga is great for the body and mind. Spend time together practicing a few simple poses when you start your day.
- Talk with your little one about the many benefits of rest. "When we sleep, we help our brains get stronger!"
- Count your toddler's toes aloud as you give them a nice, relaxing foot massage.
- Have your preschooler pick out their own clothes for school, then pretend to be models in a fashion show. Strike a pose!
- Have your child be your little laundry helper. Preschoolers can sort, load and unload, fold, and more!
- Making the bed is a big job for little hands, but it's a great gross motor activity that helps build problem solving skills!
- Make a list of self-care activities to enjoy with your child. Include things like going for a walk and making a healthy snack.
- Have the family go tech-free for a bit and enjoy time together outside in the fresh air!



- Give your child a creative outlet for their feelings by enjoying art time together while listening to relaxing music.
- Cuddle and share a story about your childhood. It's a great way to bond with your baby.
- Praise and encourage your little one as they try new tasks. "Wow, you are so focused while putting your shoes on!"
- Your baby loves to hear your voice. Talk, read, and sing together every day.
- Help your child identify and manage their emotions by talking about feelings often and openly. "How do YOU feel today?"
- During bedtime, talk with your baby about your favorite parts of the day.
- Spend time reading and snuggling together with your little one. Quality time builds closeness and connection, which is important for emotional health.
- 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.
- Brush your teeth together every morning and night. Make up a song about the steps to proper brushing and sing it together!
- Talk about shapes as you eat healthy and yummy snacks! Compare the shape of a square cracker or a round tomato!
- Have fun playing outdoors with your baby and talking about what you see together!
- Celebrate the things that make your child unique! Create a song with your little one about what makes her special and sing it together.
- As you do laundry, play a game of finding the matching pairs of socks with your baby.
- Talk with your baby about his day! Ask them what he did, how he felt, and what he wants to do tomorrow!
- 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!

