

#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

We all worry sometimes! Talking with your child about their feelings is a great way to help them learn to understand and process them.

2

Wiggle your worries away with a dance party! Dancing lowers your stress level while also improving cognitive ability.

3

Cuddling helps to calm your mind and body when you are feeling stressed. Pick out a book and snuggle up with your child to read together.

4

Practice making faces with your child. "Make a happy face! A sad face!" Recognizing facial expressions can help improve your child's social-emotional skills.

5

Get silly! A funny song or goofy game can help worries melt away.

6

If your child is worried, validate their feelings. "It sounds like you're nervous about that playdate. What do you think would help you feel less worried?"

7

Praise your child for brave moments. "It was so brave of you to sleep with the light out!"

8

When your child is worried about something, don't avoid it. With your support, they can face their fears and feel less nervous next time!

9

Practice deep belly breaths together to calm down when things get stressful.

10

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

11

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"!

12

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

13

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

14

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

15

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

16

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?"

17

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

18

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

19

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

20

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!

21

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

22

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

23

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

24

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

25

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!

26

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

27

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

28

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

29

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.

30

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



**TOO SMALL
TO FAIL**

