

# READTALKPLAY EVERYDAY

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**Brought to you by:**



**Janesville Early Literacy**

READ, TALK & PLAY EVERY DAY



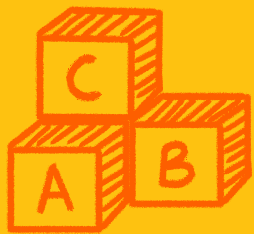
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# READTALKPLAY EVERYDAY

**STRONG FOUNDATIONS,  
BRIGHT FUTURES**

**Your Child's Journey Starts Here**



## Why it All Matters

### Early Brain Development Facts

A baby's brain makes over

# 1 Million

neural connections every second!



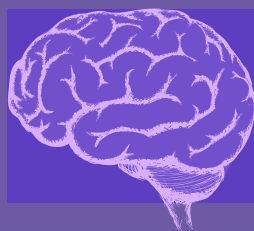
The journey has  
already **begun**.  
And you're **leading** the way.

Early experiences **shape**  
future **learning**, behavior  
**and** health.

Loving, back-and-forth  
interactions **fuel** this  
growth.

# 90%

of brain development  
happens before  
**age 5.**



"Parents are the brain's  
secret sauce. Their loving  
words and interactions  
build a child's brain in ways  
that last a lifetime."

- Dr. Dana Suskind

## Let's Keep Growing Together!

Visit our website for resources,  
activity ideas and community events



[readtalkplayeveryday.com](http://readtalkplayeveryday.com)

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HIGH QUALITY FREE RESOURCES



# Safe Digital Media

## Screens and Young Children: What You Need to Know

- ✓ For kids **under 2**: avoid screens other than video chatting.
- ✓ **Ages 2-5** limit screen time to 1 hour/day of high-quality programming.
- ✓ Co-watch and talk about what they see.
- ✓ Children younger than **age 2** are more likely to learn when they interact and play with parents, siblings, and other children and adults.
- ✓ Prioritize real-world interaction over screen time whenever possible. Unstructured playtime is more valuable for a young child's developing brain than is electronic media.



# Building a Strong Foundation

## You are Your Child's First and Best Teacher



Just like building a house, a child's brain needs a strong and stable foundation. That foundation is built through everyday moments with you, the person your child looks to most. You are your child's first and best teacher. Your love, your words, your presence, they build confidence, spark curiosity, and lay the groundwork for future success. Every book you share, every silly song, every cuddle and chat are bricks in the foundation of a bright future.

# The Basics™

The Basics are five fun, simple, and powerful ways to help your child grow strong and curious.

They're not one more thing to do - they're things you're probably already doing! And you can find them all around you, wherever you go.



## Maximize Love, Manage Stress

Hold hands. Hug often. Talk about feelings-even yours.



## Talk, Sing, and Point

At the store, in the car, walking down the street-describe what you see!



## Count, Group, and Compare

Count steps, sort fruit, talk about "big" and "small."



## Explore Through Movement and Play

Visit the park. Dance in the kitchen. Let your child lead.



## Read and Discuss Stories

Check out books from the library, or tell stories from your childhood.

Learning is happening *everywhere* - at the grocery store, the doctor's office, the bus stop, and right at home.

Look around your community and point out the Basics in action. Every moment is a chance to learn and grow together.

# TALK!



"Look at your big smile"

- Describe what you are doing: "we're putting on your socks!"
- Sing songs, make up rhymes, be silly!
- Let them lead the play, follow their curiosity.
- Playtime is brain building time.

# PLAY!



"Let's count the blocks together"



# READ!



"You really like the picture of those children. Some of them look just like you!"

- Start from birth - Babies love hearing your voice.
- Let them hold the book and turn pages.
- Talk about the pictures and ask questions.
- Repeat favorites, repetition builds understanding.
- Read with joy, anytime, anywhere.



"You have ten little toes! One... two... three..."



## Basics Insights™



Basics Insights sends short, helpful messages based on your child's age. Delivered weekly by text, easy to read and packed with ideas.

Get weekly tips to your phone.



Sign up today,  
it's **FREE!**



EASY ACTIVITIES FOR BUILDING BRAINS

# Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones) or download CDC's free *Milestone Tracker* app.

