



making little moments count, every day

the more you talk, play, read and sing to a child every day - particularly in the first 1,000 days - the smarter their brain becomes.

talking activities to fuel language development

talk baby talk

talking in a fun voice (called baby talk) helps a child learn words. babies that get more baby talk know more words by age 2 than those that don't.

talk during routines

when you're cooking or getting them dressed, talk about the action and the outcome. you're helping them connect a word to an action and build their talking skills.

talk in your native language

children can learn English easier when they have a strong core in their first language. they can learn many languages at the same time.

talk during mealtime

describe the food's taste, feel and color. talking like this helps children be aware of what they see, builds their memory and helps them group things.

talk about everyday things

babies are always listening and absorbing. talk about the weather, what you had for lunch, what you see when you are driving. you're building their vocabulary and communication skills.

talk about your favorites

say your favorite poems or sayings you knew as a child. sharing your favorites as a child brings you joy and is an important part of a child's heritage.

talk about taking turns

repeat simple words and actions. take turns giving and taking directions. this helps a child learn the important concept of cause and effect.