What should I do?

You do not need any special toys or electronic devices!

Simply talk, sing, read, and play with them every day to build that brain!

In addition to building your child’s brain, you will also be building a strong relationship with your child!

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Special thanks to the sponsors of this Talk, Sing, Read, Play brochure.

Our Vision
All Portage County children will be safe, healthy, and ready for Kindergarten!

Early Experiences

Your child is born learning!

From the time children are born, until they turn five, their brains develop more than any other time in their lives. This brain development will form the foundation for learning and success for their entire life. The positive experiences children have during these critical years will shape how their brain develops. A calm, warm and supportive environment will support strong development of the brain.

Build my Brain!

This Talk, Sing, Read, Play brochure has been developed by parents, early childhood professionals, and many community organizations that want to support families and their young children throughout Portage County.

For more tips and information, please visit our Facebook page and watch for community events and tip cards you can pick up around the community!

https://www.facebook.com/TalkSingReadPlay/
Talk

Talking to children from birth is a priceless gift. Hearing your voice helps them learn.

- Speak softly and gently.
  Ex: Move to your infants/child’s level and make eye contact.
- Talk throughout the day.
  Ex: Describe your activities/routines (we have two blue socks, let’s put them on your feet).
- Listen, respond, & wait for reaction.
  Ex: Smile back, imitate sounds/words/gestures, and tell stories.

Sing

Songs are early building blocks for language. Singing slows down language so children can hear the different sounds that make up words.

- Clapping along to the rhythm of a song will teach your child the sounds and syllables of words and will prepare them for reading.
- Use a song you know and change the words to reflect what is happening around you.
  Ex: The rain on the window goes tap, tap, tap – OR - The dog in the park goes bark, bark, bark.
- Pause during a familiar song and see if your child will fill in the gaps.
  Ex: Twinkle, twinkle little _____ How I wonder what you _____.

Read

Even from birth, children learn when you read to them. The most important part of reading is interacting with your child. Reading to children helps build their language and early reading skills.

- Create a special “Book Spot” in your home.
- Read with your child, not to them. Ask your child questions as you read and listen for the answers.
- Reading the same books over and over will help your child learn. They will begin “reading” the book through the pictures.

Play

Children are curious about everything. Playing with them is a way to teach them about the world.

- You don’t need special toys to play – use household items.
  Ex: Have a kitchen concert using pots and pans.
  Ex: Use empty cereal boxes as building blocks.
- Play on the floor with your child. You are their favorite playmate.
- Use your face as a toy. Make funny faces, stick out your tongue. See if your baby imitates your actions.
- Play peek-a-boo with a scarf over your face.

Did you know?

Research has shown that lots of talking with children in the first 3 years of life builds the brain architecture that will be needed later to support reading and thinking skills.

Did you know?

Research from the University of Toronto and Montreal found that singing to infants delays the onset of distress by twice as long as talking to them.

Did you know?

In a study at Brown University School of Medicine, 18-25 month-olds whose parents said they had been reading to them regularly for a year, could say and understand more words than those whose parents hadn’t.

Did you know?

Play is so important to optimal child development that it has been recognized by the United Nations High Commission for Human Rights as a right of every child.