

LOOK AT A COLORFUL BOOK TOGETHER. POINT OUT SHAPES AND COLORS ON EACH PAGE.

THE MORE YOU PLAY WITH YOUR BABY, THE MORE THEIR BRAIN GROWS!

GET DOWN ON YOUR BELLY DURING TUMMY TIME, HOLD A TOY AND DESCRIBE IT TO THEM!

BABIES NEED WORDS! LOOK YOUR BABY IN THE EYE AND TELL THEM STORIES ABOUT THEIR FAMILY.

YOU'VE GOT WHAT IT TAKES! BY SIMPLY LOVING YOUR BABY, YOU'RE HELPING THEIR BRAIN GROW!



5 6 7 8





YOUR BABY'S GROWING BRAIN... AND GROWING LITERACY!

When you talk, read and sing with your baby – before they can use words – you're helping them learn. And making them happier too! Research shows that talking, reading and singing with your baby every day from birth helps build their brains as well as important language, math, reading and social skills for use in school and beyond. Talk, read and sing with your baby in the language you are most comfortable using.

You probably naturally talk to your baby about the events of the day. Keep doing it! The more words you share, the better prepared they will be to learn. For baby's with disabilities, talk with your service providers about what you can do to support your baby's growth.

WHAT YOU CAN DO BEFORE BABY IS BORN:



- **Take care of yourself!** Vitamins, water and healthy fruits and vegetables, good fats and protein, rest helps grow your baby's brain!
- Talk, read and sing to your baby to **help them learn your voice**
- Think about your **baby's regular movements**... when are they active? Do they respond to certain kinds of music, certain kinds of food?
- **Read a book** to your baby at a certain time of day each day...you can begin habits even before your baby is born!

WHAT TO DO AFTER BABY IS BORN: EAT, SLEEP, POOP AND COMMUNICATE!



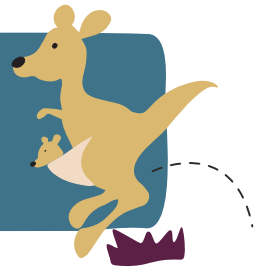
- **Hold, cuddle and talk** to baby often. It's ALL communication - so it's all brain development!
- **Respond warmly when baby cries.** Babies can't soothe themselves. Each time they are soothed by you - their brain grows by leaps and bounds!
- During everyday moments, such as diaper changes, **make eye contact and talk about what you are doing.** "Mama's going to count your toes! Daddy's going to lift your legs!"
- **Skin to skin contact** is key to brain growth AND lowers stress for baby and for you! Let baby snuggle your neck or chest as you sing a song or talk about their day.



YOU ARE MY SUNSHINE,
MY LITTLE SUNSHINE...



LET'S TALK TO BABY – WITH PARENTESE!



A baby's brain grows best when we talk to them in a certain way... **Speak slower, use real words and a higher pitch. Use a “sing-song” tone in your voice!**

DID YOU KNOW?

BABIES WHO'S CARETAKERS SPOKE IN “PARENTESE”
BABBLED MORE AND PRODUCED MORE WORDS
BY AGE 14 MONTHS THAN BABIES WHO DIDN'T HEAR THIS TYPE OF TALK?

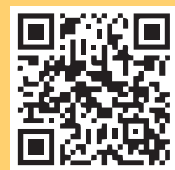
Scan this QR code with your phone to watch a funny example of Parentese!



PARENTESE EXISTS IN EVERY CULTURE AND LANGUAGE!



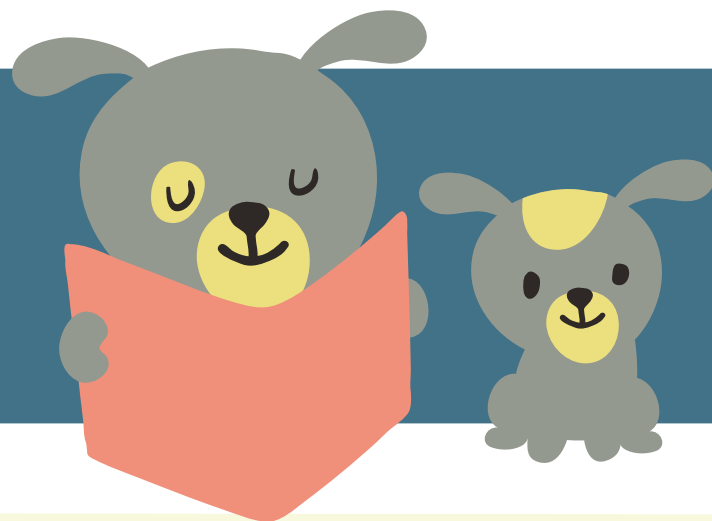
Scan this QR code to learn more ways to talk to your baby!



WHAT TO SAY TO BABY?

- **Talk through your day**, describe what you're seeing, hearing and thinking
- **Copy your baby's sounds**, encourage them to imitate you
- **Sing songs** you know, or make up songs about your baby
- **Play peek-a-boo** and back-and-forth games - leads to back and forth conversation!
- **Look at books**. Read before naptime or bedtime. Let them hold and feel books. The variety of words a baby hears, the more their brain grows, so read, read, read!
- **Repeat!** Keep pointing out colors and shapes. Repeat words, songs and books! Repetition helps babies figure things out.





TALK, READ, AND SING TOGETHER EVERY DAY! IT'S NEVER TOO EARLY TO HELP YOUR CHILD LEARN.

Learn more about your child by watching for developmental milestones. Smiling, cooing, and babbling are just a few. Your child will show you many more milestones in how he plays, learns, speaks, acts, and moves! Look for your child's milestones regularly and share his progress with the doctor at every well-child visit.

TIP: Respond to your baby's first smiles, gurgles, and coos — she's talking to you and wants you to talk, too!

BIRTH TO 2 MONTHS

- Coos, makes gurgling sounds
- Turns head toward sounds

4 MONTHS

- Begins to babble
- Babbles with expression and copies sounds he hears

6 MONTHS

- Responds to sounds by making sounds
- Responds to own name
- Begins to say consonant sounds (jabbering with "m", "b")



TIP: Hold and talk to your baby; smile and be cheerful while you do.



TIP: Read books to your baby every day. Praise him when he babbles and "reads" too.

2 YEARS

- Points to things or pictures when named
- Says sentences with 2 to 4 words
- Follows simple instructions

18 MONTHS

- Says several single words
- Points to show someone what he wants

12 MONTHS

- Uses simple gestures, like shaking head "no" or waving "bye-bye"
- Tries to say words you say

9 MONTHS

- Understands "no"
- Makes a lot of different sounds like "mamamama" and "bababababa"

TIP: When you read with your child, have her turn the pages. Take turns labeling pictures with your child.



TIP: Describe what your baby is looking at; for example, "red, round ball."



3 YEARS

- Follows instructions with 2 or 3 steps
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences

4 YEARS

- Tells stories
- Can say first and last name
- Knows some basic rules of grammar, such as correctly using "he" or "she"

5 YEARS

- Speaks very clearly
- Says name and address
- Uses future tense; for example, "Grandma will be here."

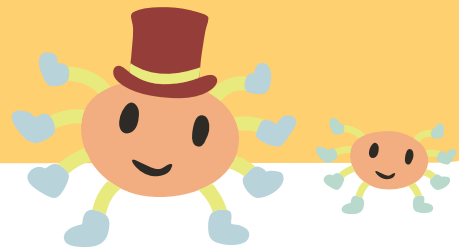


REMEMBER...

- 0-3 age range is an explosion of brain development!
- Back and forth loving talk and affection gives biggest brain BOOST!
- Tune into to what your baby sees, hears or reacts to - and respond!
- Find the small moments during your day to talk, read or sing -diaper time, bath time, car time, feeding time and more!
- There is no such thing as perfect. Only 50% effort makes all the difference!

WANT MORE RESOURCES OR INFORMATION ON HOW TO SUPPORT YOUR BABY'S LANGUAGE AND LITERACY DEVELOPMENT?

CONTACT YOUR LOCAL GREAT START COLLABORATIVE AT WWW.RAISEREADINGHEROES.COM



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