

Talk



Talk to your child every day ... this helps your child learn words.

Read



Read to your child every day ... this helps your child enjoy learning.

Play



Play with your child every day ... this helps your child get along with others.

Talk, Read, Play With Your Child Every Day

For more parenting tips, tools and information:

www.TalkReadPlayKC.org

Infants

Beginning to learn words

Talk Every Day

- Say your baby's name often.
- Take turns making the same sounds as your baby. Babies learn that people react when they make sounds.
- Talk to your baby during bath time, play time, diaper changing, and feeding time. This is how your baby will learn the daily routine.
- Talking to your baby will help your baby learn to talk.

Read Every Day

- Look at books together. This gives you a chance to hold and cuddle your baby.
- Point to pictures in books and talk about what you see. This gives your baby a chance to hear new words and learn to enjoy books.
- Read before nap time and bedtime. This routine can calm your baby.

Play Every Day

- Give your baby time to move and play with you.
- Look and smile at your baby. Let your baby watch your face and follow your movements.
- Play with your baby using rattles, toys, and games like peek-a-boo.
- Talk to your baby during these activities.

Toddlers

Starting to use words

Talk Every Day

- Help your child learn to talk by adding words. If your child says, "Milk," you say, "Do you want some milk?"
- Help your child learn new words by explaining what is happening during the day. "You are using your spoon to eat your peas."
- Name your toddler's feelings, such as happy, sad, mad and scared.
- Sing simple songs. Use lots of rhyming words. Play children's music at home or in the car.

Read Every Day

- Sit close to or hold your toddler when looking at books together.
- Let your toddler choose a book, turn the pages and point to pictures and words.
- Read your child's favorite books over and over again. Children learn words when they hear them often.
- Visit the library to find new books. Keep books, newspapers, and magazines in your home.

Play Every Day

- Children learn when they play.
- Give your child time to explore new objects, places and people. Play outside often.
- Play make-believe with your child. Use dress-up clothes, puppets, boxes, pots and pans.

Preschoolers

Putting more words together

Talk Every Day

- Talk to your child about his or her day. Ask questions that begin with who, what and why.
- Talk about what happens during the day.
- Use complete sentences to describe what is happening around you and your child.
- Ask children "what if" or "I wonder" questions. "I wonder what will happen if we leave the ice cube on the kitchen counter."

Read Every Day

- Have fun while you are reading books and looking at pictures with your child. Use silly voices. Point out words and pictures on the page and ask questions.
- Retell stories in your own words. Listen to your child retell stories.
- Point out words inside and outside of your home. Point out written words on doors, traffic signs, billboards, boxes, cans and buses.

Play Every Day

- Play with toys and create things using blocks, crayons, play dough, sandboxes and playgrounds.
- Follow what your child is interested in when playing together.
- Describe what your child is doing.
- Pretend to cook, clean, care for babies, dress up and go to work.



To easily access fun activities any time, visit www.TalkReadPlayKC.org and download Daily Vroom. Daily Vroom is an app that helps busy parents make the most of the time they have. Turn fun, everyday moments into brain building interactions.

These tips provide information and resources to parents and those serving young children and families about how to help children develop and be ready for school. Please distribute to everyone you know so that children throughout the Kansas City metropolitan area have opportunities to talk, read, and play every day. Thank you! Talk Read Play Kansas City, The Children's Campus of Kansas City, The Family Conservancy, Project EAGLE and Connections, Juniper Gardens Children's Project, Turn the Page KC and community partners.