

Talk, Read, Play with Your Child Everyday

We know it's important to read to children from the beginning, plus talking with them and playing with them as they grow helps them learn new words and important skills to interact with others. It may seem like extra effort, but such activities stimulate a child's imagination and help them develop language and listening skills.

Talk to your child every day ... this helps your child learn words. Help your child learn to talk by adding words. If your child says, "Milk," you say, "Do you want some milk?"

You can explain 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 to your child every day ... this helps your child enjoy learning. 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 favorite books over and over again. Children learn words when they hear them often.

Play with your child every day... this helps the child get along with others. Children learn when they play. Give time to explore new objects, places, and people. Play outside often. Play make-believe by using dress-up clothes, puppets, boxes, pots, and pans.