



## HOW MUCH SHOULD I TALK TO MY CHILD EACH DAY?

The more you talk to your child, the better. But, let's start where you are now. Track your talking for one day and see where you stand. After that, try raising that number. Keep stretching that goal to see how much talking you and your child can do in a day. The real goal is to build conversational habits that involve not only talk, but singing, reading and play for you and your little one.

An increased word count connects to a child's literacy and learning not only in early childhood, but later in life: from elementary school achievement to high school graduation and beyond. Increases in deliberate, rich conversation between caregivers and children bring incredible benefits for kids' brain development.

### SNEAK MORE TALK INTO YOUR DAY!

If you worry that there aren't enough hours in the day to add in more talking, try a time you already spend one-on-one with your child:

- changing time
- bath time
- dressing
- meal times
- walking around during errands

These are excellent opportunities when your child already has your attention. Why not get intentional with that time? The more you talk, the more you find to talk about and the more vocabulary you pass on to your child.

At a loss for topics to talk about? Talk about what you're doing with your child. Narrate your life and thoughts out loud. The more you share, the more you're creating a language-rich home for your child.

One reason rhymes and songs (books too!) are great for kids is that they often include words that you might not say every day to your child—spiders climbing, stars twinkling, dukes marching! These songs and rhymes present a great opportunity to expand your child's vocabulary, and that's all to the benefit of your child's word-hungry developing brain.



## READY TO READ

Building little ones' literacy skills starts early. The skills for reading come from five activities you likely do with your child already:

- Talking
- Singing
- Reading
- Writing
- Playing

If you can incorporate these activities into your everyday routine, your child will be much more likely to be ready to read and succeed in school.

### INTERACTIVE BOOKS

A good book is a fantastic way to spark conversation. These books will give you and your child a great place to start.

- "From Head to Toe" Eric Carle
- "Don't Wake Up Tiger!" Britta Teckentrup
- "Flora and the Flamingo" Molly Idle
- "It's a Tiger!" David LaRochelle
- "I've Got the Rhythm" Connie Schofield-Morrison
- "Pancakes" Lotta Nieminen
- "Press Here" Hervé Tullet
- "Tap the Magic Tree" Christie Matheson
- "There's a Monster at the End of this Book" Jon Stone
- "We're Going on a Bear Hunt" Michael Rosen





## TRY THESE SONGS AND RHYMES

### The Grand Old Duke of York

(To the tune of "A-Hunting We Will Go")

*(Bounce child on your lap to the beat of the song)*

The grand old duke of York

He had ten thousand men

He marched them up to the top of the hill *(lift child up)*

And marched them down again *(bring child down)*

And when they're up, they're up *(lift child up)*

And when they're down, they're down *(bring child down)*

And when they're only half way up *(hold child in the middle)*

They're neither up *(lift child up)*

Nor down *(bring child down)*

### Mother and Father and Uncle John

*(Bounce child on your lap to the rhythm of the words)*

Mother and Father and Uncle John

Went to the market one by one

Mother fell off *(lean child to the left)*

And Father fell off *(lean child to the right)*

But Uncle John went on and on and on...

*(bounce the child as much as you want)*

### Zoom Zoom Zoom, We're Going to the Moon

Zoom zoom zoom, we're going to the moon

*(clap baby's hands to the rhythm)*

Zoom zoom zoom, we're going to the moon

*(clap baby's hands to the rhythm)*

If you want to take a trip, climb aboard my rocket ship

*(walk fingers down baby's arms)*

Zoom zoom zoom, we're going to the moon

*(clap baby's hands to the rhythm)*

In 5, 4, 3, 2, 1, BLAST OFF *(lift baby up in the air)*



### Hey Diddle Diddle

Hey, diddle diddle,

The cat and the fiddle,

The cow jumped over the moon;

The little dog laughed

To see such sport,

And the dish ran away with the spoon.

### Popcorn Kernels

*(To the tune of "Frere Jacques")*

Popcorn kernels *(wave a scarf or other small object)*

Popcorn kernels

In the pot *(scrunch up the scarf in your hand)*

In the pot

Shake 'em, shake 'em, shake 'em *(shake your hands around)*

Shake 'em, shake 'em, shake 'em

Til they pop! *(toss the scarf in the air)*

Til they pop!

### One Two, Buckle My Shoe

One, two, buckle my shoe

three, four, shut the door

five, six, pick up sticks

seven, eight, lay them straight

nine, ten, do it again!

### Wheels on the Bus

The **wheels** on the bus go **round and round**

**round and round, round and round**

The **wheels** on the bus **round and round**

All through the town

Now use these for the words in orange:

*Horn/beep, beep, beep*

*Wipers/swish, swish, swish*

*Doors/open and shut*

*Driver/move on back*

*Babies/wah, wah, wah*

*Parents/shh, shh, shh*