

# Parents as First Teachers

## **Be your child's teacher from the very beginning.**

Most of your baby's brain growth occurs during the first three years of life. From the moment your child is born, you can help develop your child's mind.

## **HOW?**

### **Talk, talk, talk.**

As you go about your day, talk to your baby about what you are doing. Try to use different words to describe the same things so that your child's vocabulary grows. The more words your child hears by age 3, the larger your child's vocabulary and the more successful your child will be in school.

### **Repeat things often.**

Your baby will learn familiar patterns and phrases.

### **Speak in two languages.**

Children can learn two or more languages at the same time. Making your child bilingual will open many doors for your child in the future.

### **Count things.**

Counting is the basis of math. Count things while you are doing everyday activities such as grocery shopping, driving or reading.

### **Sing to your child.**

Children love to hear songs over and over and learn while listening.

### **Read to your child.**

You and other family members should read to your child as much as possible. Describe things in picture books. Reading is the most important thing you can do to prepare your child for school. It is never too early to acquaint even infants with books.

### **Let your child scribble.**

Keep crayons, pencils and paper around, and encourage your child to use them.

### **Visit your daycare.**

Make sure people who take care of your child do the things you do at home.

### **Play with your child.**

Games as simple as "peek-a-boo" help babies learn. You don't have to spend money. Your house is full of "toys," such as wooden spoons, pots and pans, or even a cardboard box.

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