

THE BASICS



1 MAXIMIZE LOVE, MANAGE STRESS

Infants and toddlers thrive when the world seems loving, safe and predictable. Feeling secure in relationships and surroundings provides the confidence needed to explore and learn.



2 TALK, SING AND POINT

As a child develops, talking with them and answering their questions teaches them about the world. Every time you talk, sing or point to what you are talking about, you provide clues to the meaning of what you are saying.



3 COUNT, GROUP AND COMPARE

Becoming good at math begins long before a child enters school. Fun and simple activities can help to build math and thinking skills.



4 EXPLORE THROUGH MOVEMENT AND PLAY

Children learn by touching, banging, dropping, stacking, pouring, crawling, walking and running. Helping your child become an explorer helps to develop their “mind’s eye.”



5 READ AND DISCUSS STORIES

The more we read with young children, the more prepared they become to enjoy reading and to do well in school. Stories expose children to words and exciting ideas that they would not otherwise experience.

THE BASICS initiative works through a broad range of community partners to ensure that every parent and caregiver is fully supported by family and friends to use **THE BASICS** practices in everyday life.

Overwhelmed by all the things you “should” be doing as a parent?

Let us help you get back to The Basics.

Text **dobasics** to 888-111 for **FREE** weekly tips that will help you give your child a great start in life!



www.palmettobasics.org