

# #TALKINGISTEACHINGTIPS CALENDAR



Talk, read, and sing with your children every day! Simple interactions like the ones below can help boost children's brain and language development, setting them up for success in school and beyond. Please share photos of your family talking, reading, and singing using the hashtag #TalkingIsTeachingTips.

**1** With your child, share your favorite parts of the holiday season. "What do you like most about the holidays? I love spending time with you!"

**2** The holidays are a great time to enjoy a family meal together. During mealtime, ask, "What does your meal taste like? Is it salty? Is it sweet?"

**3** Talk about the different winter holidays with your little one! "We celebrate Kwanzaa. Which holidays do your best friends celebrate?"

**4** There are many ways to play during cold winter days. Draw pictures on frosted windows with your fingers and talk about your doodles!

**5** With your child, talk about your favorite holiday traditions. "I love baking cookies with you on Christmas Eve. What's your favorite tradition?"

**6** This holiday season, talk with your little ones about why you appreciate each other! "I like how you always make me laugh! What do you like most about your brother?"

**7** Get into a festive spirit by cooking a meal with your child! While cooking, talk about the measurements in your recipes. "We need half a cup of flour, and two eggs."

**8** Use mealtime as an opportunity to support your child's early math skills. Ask, "How many crackers are on your plate?" or "Which apple is biggest?"

**9** Give your baby age-appropriate art materials like chunky crayons and paper to create art together.

**10** Talk about your job or workers you see out and about! What is the construction worker building? How does a firefighter help people?

**11** Talk about clothing and the weather. "What do we wear when it is cold? Warm?"

**12** Have fun pretending to move and sound like different animals. "Rabbit and hop like a frog" or "chirp and flap your wings like a bird!"

**13** When you go on a walk with your baby, count the trees, leaves, cars, or animals that you see.

**14** Go on a "shape hunt" with your little one. Search for different shapes in your home and around your neighborhood.

**15** Use colors to express feelings! Encourage your child to scribble or draw a picture using colors to show how he is feeling. Talk together about the colors and feelings.

**16** Talk about shapes as you eat healthy and yummy snacks! Compare the shape of a square cracker or a round tomato!

**17** During bedtime, talk with your baby about your favorite parts of the day.

**18** Ask questions about your child's art. You can say, "I noticed you used the color blue. Why?"

**19** Talk with your child in your native language. Speaking together in two or more language builds your baby's brain.

**20** Go on a number hunt! Take turns pointing to and naming the numbers you see on signs, in books, or at the store!

**21** Talk with your child about the weather each day! What do they see in the sky when it is sunny, cloudy, or rainy?

**22** Talk with your baby about his day! Ask them what he did, how he felt, and what he wants to do tomorrow!

**23** Cuddle and share a story about your childhood. It's a great way to bond with your baby.

**24** Have fun finding things of different sizes and using words to describe them. Ask, "Can we find something big? Humongous? Small? Tiny? Short? Tall?"

**25** Use your senses to explore the environment around you! What do you and your baby see? Hear? Smell?

**26** Practice saying and spelling your child's name with them! Write it out and trace the letters together or spell out their name in a song!

**27** Laughing is an important part of learning! Play fun games like "peek-a-boo" or sing funny nursery rhymes.

**28** Your baby loves to hear your voice. Talk, read, and sing together every day.

**29** Play "I-Spy" by taking turns naming and describing the things you each see. Say, "I spy with my little eye...a big red truck. You?"

**30** At the grocery store, give your baby an apple to hold in each hand. Ask, "Which is heavier? Which is lighter?"

