



# Toddlers + the 3Ts

## Every word you say builds your toddler's brain!

Research shows that children do better in school when their parents talk and interact with them from birth. Make the most of your time together by using the 3Ts.



Be in the moment. Respond to what you think your toddler is communicating.



Use a wide variety of words.



Engage your child in conversation.

When you use all 3Ts at once, you build the strongest possible brain for your child.

# Start now. Here's how!



## Tune In

- Listen to your child - they may communicate through words, sounds, or gestures.
- Notice what catches your child's attention, and talk about it.
  - *"Oh you want to wear the dinosaur shirt today? The dino is big and strong just like you!"*
  - *"I hear you getting fussy. Are you feeling hungry?"*



## Talk More

- Talk, read, or sing with your child - let your child take the lead! You don't need to flip through the pages in order or sing the words just right for your child to learn.
- During play time, describe the colors and textures of their toys, or Math Talk about the number, size, or shape of them.
- Narrate daily routines like getting dressed by talking your child through what you're doing, as you do it.
  - *"Let's put your right arm in the sleeve, now your left arm. Good! Now it's time to zip you up!"*
  - *"What a tall tower you're building. I see one, two, three blocks. Wow, it's three blocks tall!"*



## Take Turns

- Ask questions and wait for your child to respond, whether with words or otherwise.
- Respond to your child's words and gestures as though they are turns in the conversation.
  - *"It's a little cold today, what do you think we should do before we go outside?"*
  - *"You're reaching for the crackers, do you want more to eat?"*