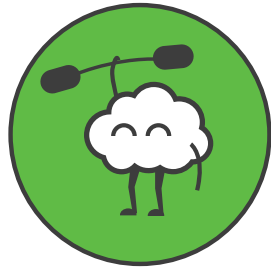
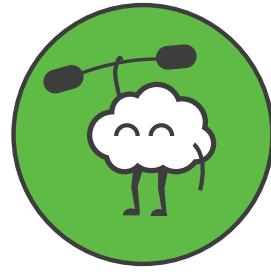


Body & Brain



Body & Brain



Body & Brain



Body & Brain

Babies

Babies are learning to trust the world and the adults who care for them. Make sure to keep your word and follow through on your promises whenever possible - and when you can't, explain why.

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Body & Brain

Research shows that stress and hardship make it difficult for the brain to learn and grow. Consistency in adult behavior helps children understand they can trust the people and things in the world around them, making it safe for them to learn and grow.



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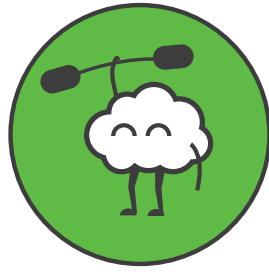


Body & Brain

Babies

Talk out loud while making decisions to help children understand how the process works.

“I could have coffee or tea this morning. I want to save the coffee for Grandma so I will drink tea.”

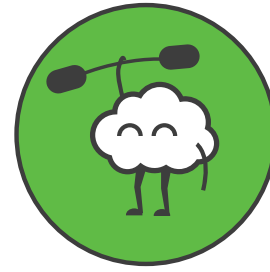


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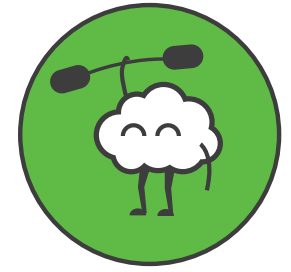


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Toddlers

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Making plans together helps children build planning and decision-making skills.

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“Do you want to go to the park or the library first?”

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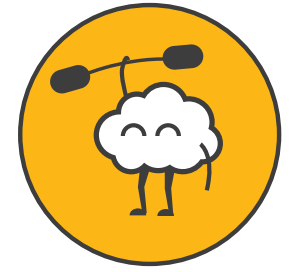
Body & Brain



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Toddlers

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Young children can become very upset when parents/guardians leave them with others (even other family members). Reassure children that you will return to them and that you trust the adults that will care for them while you are away.

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Body & Brain

Research shows that stress and hardship make it difficult for the brain to learn and grow. Adults providing comfort during times of stress supports children to rebound from difficulty without harming development.



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Body & Brain

Preschoolers

Children's memory is still developing, so it's best to limit directions to two to three steps at a time for 3- to 5-year-olds.

"Please go get your green jacket. Then get your lunchbox from the table."

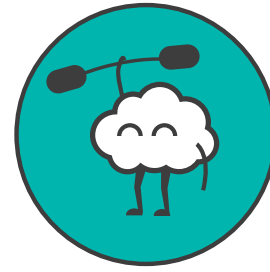


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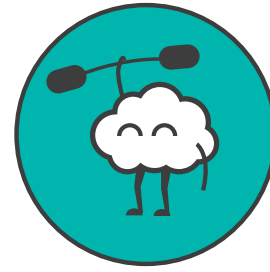
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Body & Brain



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Body & Brain

Preschoolers

Show children how to respond to their body's needs. You might say,

“My stomach is growling. I think I need a snack.”

“I’m grumpy tonight because I didn’t sleep well. I think I need to go to bed early.”

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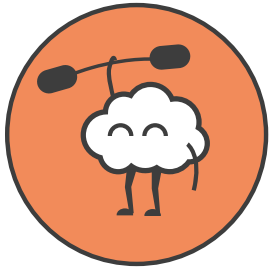
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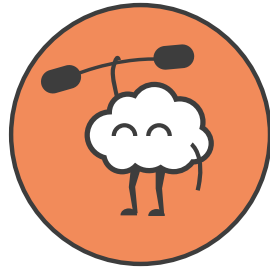


Body & Brain

Early Elementary

Giving kids specific, special responsibility can help them with self-control and focus.

“You are the big kid here, and I’m putting you in charge. Make sure your brother stays close.”

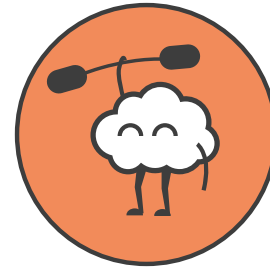


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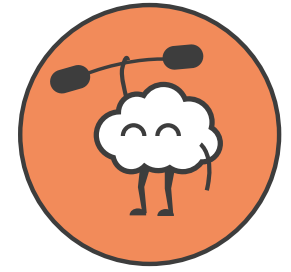


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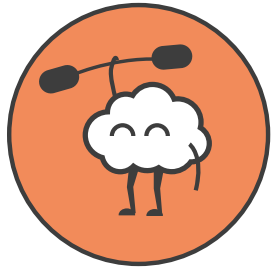
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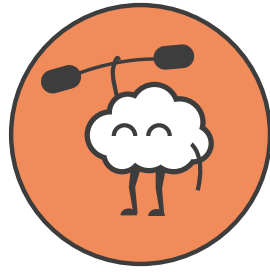


Body & Brain

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Tell children about a time when you were frustrated and worked through it.

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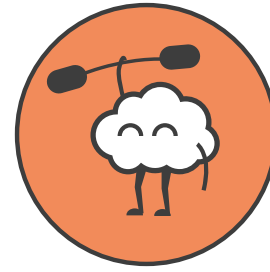


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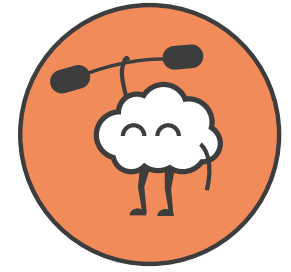


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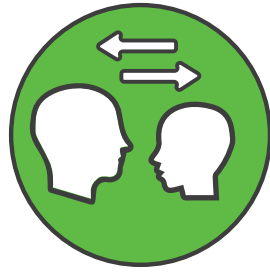
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Talk & Play

Babies

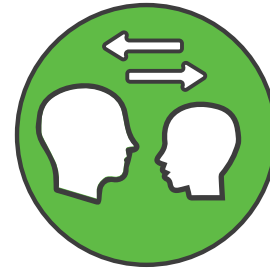
Ask babies a lot of questions and pause to let them respond, even if they can't answer verbally. Acknowledge any response positively, no matter how small.



Talk & Play

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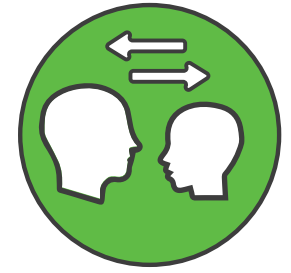
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Talk & Play

Back and forth interactions with babies help them understand how social interactions work.

Throughout life, social skills matter: children who get along well with others are more likely to graduate from high school and less likely to get in trouble.



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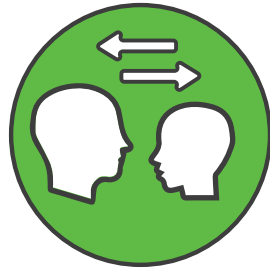


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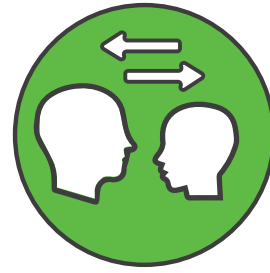
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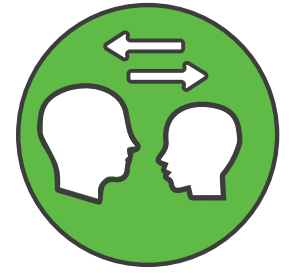
Talk & Play

Babies



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Talk & Play

Babies

Respond to infants' and toddlers' sounds and gestures – this is their way of communicating with you!

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Talk & Play

Adults can boost children's vocabulary through the interactions we have, the questions we ask (even if they can't answer verbally yet!), and the variety of experiences we provide.



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Talk & Play

Toddlers

Pay attention when children notice other children, and help them as needed.

“Oh, do you see her shovel? Would you like a turn playing with it when she is finished?”



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Social skills matter in school. Children who get along well with others are more likely to graduate from high school and less likely to get in trouble. Guiding and encouraging opportunities to work through conflicts helps children learn social skills.



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Talk & Play

Toddlers

Try describing objects around you using as many words as you can think of:

“This lily is tall, smooth, and silky to touch. It has white and purple petals with a pale green stem and leaves.”



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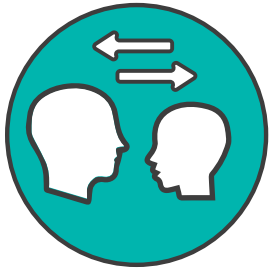
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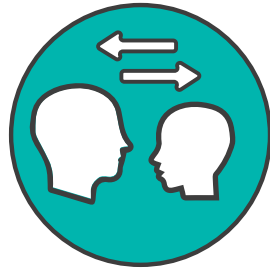
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Talk & Play

Preschoolers

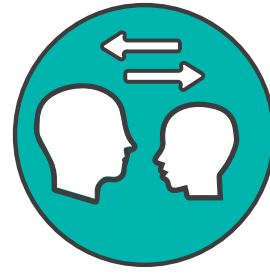
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Talk & Play

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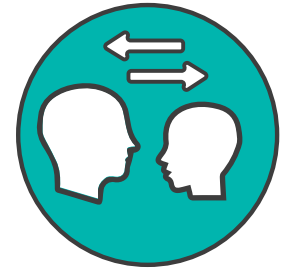
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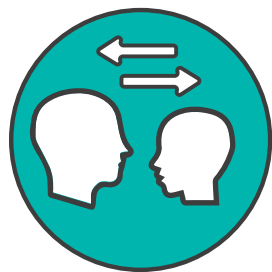
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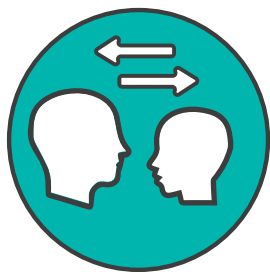
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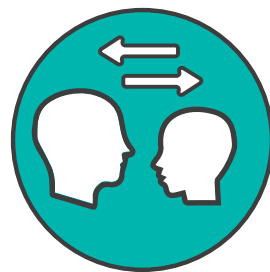
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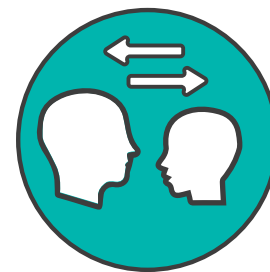
Talk & Play



Talk & Play



Talk & Play



Talk & Play

Preschoolers

Help children build a strong vocabulary by using complex words around them. Talk with your children in whatever language you feel most confident.

“How stable can you make your block tower?”

“Please be gentle with that fragile object.”

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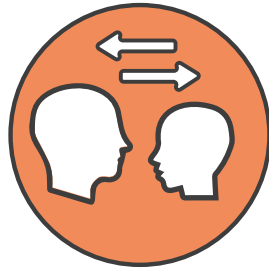
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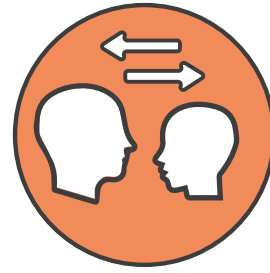
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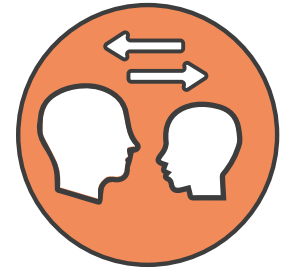
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Early Elementary

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Children in elementary school are ready to learn about more complicated emotions (e.g., pride, embarrassment, pity). Use characters in books and movies to discuss these emotions.

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“Why is this character feeling this way? What would you do if you were in that situation?”

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Encourage children to ask a lot of questions. Don't worry if you don't know the answers.

You can say,

"That's a great question. I don't know. How could we find out?"



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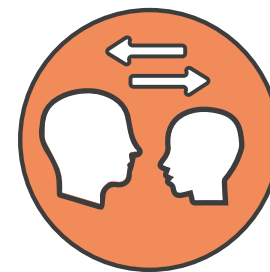
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Science & Math

Babies

During meal times,
talk about how
many objects are
in a group:

*“I see you have
2 crackers and 5
carrots on your plate.
How many pieces of
cheese do you see?”*

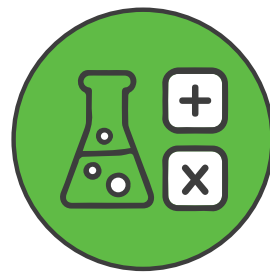


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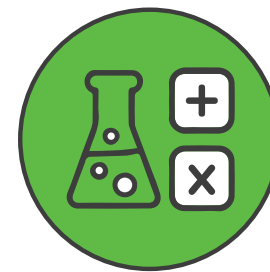


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Science & Math

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Be patient with repetitive play. Just like scientists, young children naturally repeat their experiments (like dropping spoons over and over from their high chair) to find out if the same thing happens every time.



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Babies

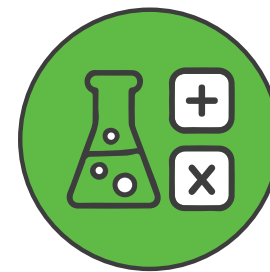
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When children explore and learn through science, they build thinking skills they will need throughout life. In the kitchen, at the park, and in the car, adults can find science learning all around.



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Science & Math

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Next time you are waiting for the light at a crosswalk, try asking children,

“How many cars do you think pass by here? Let’s count together.”



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Asking young children

“What do you see?”

builds the science skill of observation. You can do this anywhere--out in nature, while driving, or even while shopping. To keep their observations going, follow up with

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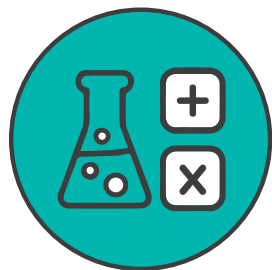
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Science & Math

Preschoolers

Recognizing an amount without counting builds math skills. Try using everyday experiences to practice this with children.

“Without counting, how many chairs do you think are around this table? How many stalls are in this bathroom?”

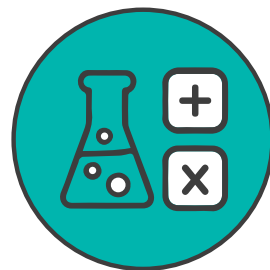


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While cooking, give children a kitchen tool that has moving parts (e.g., a can opener, salad spinner, turkey baster). Supervise and ask questions as they play with it.

“How do you think it works? What part(s) cause it to move that way?”



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Science & Math

Early Elementary

Let children collect change in a piggy bank or jar. Then, help them figure out how much is there, showing how pennies add up to nickels, nickels add up to dimes, and so forth.

“How much money have you saved? What could you buy with that amount?”



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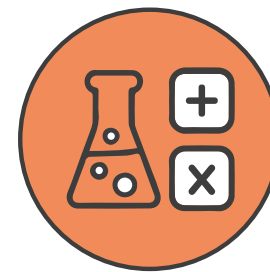


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Turn play into engineering learning by asking questions like

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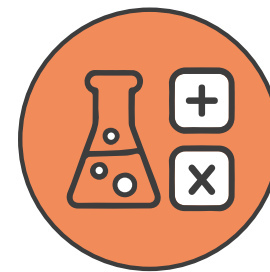


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