

Everyday Ways to Love, Talk and Play



FUN ACTIVITIES for PARENTS and
THEIR BABIES and TODDLERS





YOU ARE YOUR CHILD'S FIRST AND MOST IMPORTANT TEACHER.



This is a big responsibility, but there are little things you can do every day to give your child a great start in life ... and school.



Parents and experts agree that babies and toddlers need lots of love, talk and play to grow and learn. These cards provide fun ideas for adding more love, talk and play into your daily routine.

For more ideas and information, visit
www.LoveTalkPlay.org.

Why are love, talk and play so important?



LOVE. Your gentle touch, attention and understanding help your child grow in every way. In fact, the stronger your relationship is with your child, the easier it will be for her to make friends and do well in school because she feels safe and loved at home.



TALK. As soon as your child is born, start talking, singing and rhyming about anything and everything. These interactions start building your child's language skills long before he can talk or understand what's being said. They are also critical in helping him learn to read.



PLAY. Play is the way your child learns, and parents are their child's favorite toy. What you play isn't as important as following your child's lead during play time and having fun together.

Shopping at the Grocery Store or Market



Keep me close to you, so I feel safe. Look me in the eyes when you talk with me.



Talk with me about how things look, feel, smell and sound. Ask me what my favorite stuffed animal or doll would like to eat.



Let's play a game and find things in the store that are blue or start with the letter M. Help me count and weigh the apples.

Riding on a Bus or in a Car



Keep me safe and close. In the car, put me in my car seat. On the bus, hold me on your lap. Talk with me about how to stay safe on the bus, in the car or when crossing the street.



Talk with me about where we're going and what we're going to do. Ask me what I see out the window.



Sing me songs and tell me rhymes that you liked as a child.

Going for a Walk



Follow my lead and walk slowly. I want to touch and smell flowers, watch bugs and birds, and look at people. Come down to my level, so I can show you what I see.



Stop, point and talk with me about the colors and shapes we see. When we see a real animal or a picture of one, ask me what sound it makes.



Let's count the number of steps it takes to get from one place to another. Help me find shapes in the clouds. If I'm walking, pretend to race me.

Changing a Diaper or Giving a Bath



Make me the focus of your attention. Tickle my tummy and give me kisses on my fingers and toes.



Talk with me about the color of the clothes I'm wearing or the shapes of the bath toys. Point to and name parts of my body.



Sing songs. Play Peek-a-Boo. Let me explore your face with my hands.

Sharing a Book



Cuddle with me on your lap, and give me your full attention. Let me choose the book even if I want to read the same one again and again. Repetition is how I learn.



Talk with me about how the people or animals in the book might be feeling. See if I know what might happen next. Ask me to tell you the story based on the pictures.



Ask me to find different letters, shapes and colors on a page. Act out the story and give the characters different voices.

Making a Meal



Keep me in the kitchen with you. Let me do little tasks for you like holding a spoon or putting ingredients in the bowl.



Talk with me about what you're cooking and how it will taste. Tell me about your favorite foods and ask me about mine.



Let me play with pots, pans, spoons and cups and pretend to cook. Make a game out of trying new foods.

Getting Ready for Bed



Create a bedtime routine that I can count on. Make this a calm and quiet time for me. Tell me that you love me, and give me a chance to snuggle with you one more time.



Talk with me about what we did that day and what we plan to do tomorrow. Hold me at the window and help me say goodnight to family, friends and neighbors. Share a book with me.



Sing me the alphabet as you help me brush my teeth.

Enjoying Music Together



Sway with me, bounce me on your lap or hold my hands as I dance.



Sing me a song that you enjoyed as a child. Sing with me even when I want to sing the same song again and again. Teach me new songs or make up new songs based on a tune I already know.



Let's make our own music with pots, pans, spoons and cups. Crawl around on the floor with me to the beat of the music.

Playing with a Ball



Get down on the floor with me and play. Encourage and help me to roll the ball.



Talk with me about the shape and color of the ball, and tell/show me what we can do with the ball. Use words I may not know yet.



Roll or bounce the ball to me. Count out loud the number of times the ball bounces.

Love Talk Play™

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