

IT TAKES JUST A MINUTE



Talk with Your Child

Tell stories

- “When you were a baby...”
- “One time when I was your age...”

Describe your actions

- “I’m putting some oil in this boiling water so the pasta won’t stick together. Now I’ll put in the pasta. Look at the steam from that pot— I’d better be careful.”

Describe your child’s actions

- “You are digging a very deep hole with that shovel.”
- “You are building a tall skinny tower with the blocks.”

Expand words

- “That’s right. It’s a puppy. See how short and long this puppy is? He’s a dachshund.”

Have conversations with your child

- “Tell me how you made this picture.”

Ask questions that have more than one or two word answers

- “What happened that made you feel sad?”
- “What do you think he’s doing?”

It takes just a minute to make a big difference!