



READ

Reading together stimulates healthy brain development and develops vocabulary, listening and comprehension skills.

- Read aloud with your child for 20 minutes each day.
- Choose books on topics that interest your child and reread favorites.
- Pause during reading to talk about the story and any new words.
- Ask questions and encourage your child to ask questions, too.
- When your child reads to you, be patient and encouraging, celebrating their efforts.

TALK

Conversations, not just words, are key to brain development. Make talking a daily routine!

- Engage in back-and-forth conversations with your child to build language and thinking skills.
- Follow their lead. Talk about topics and stories they are interested in.
- Narrate everyday activities, like cooking or grocery shopping, to introduce new vocabulary.
- Ask open-ended questions to encourage conversation, such as "Where do you think the cat is going?"

PLAY

Play helps children develop social, emotional and cognitive skills.

- Encourage unstructured play, like outdoor activities, arts and crafts or pretend dress-up games.
- Engage in sound and music play – dance, jump or create homemade instruments.
- Incorporate structured play, such as board games, puzzles or sports.
- Play math games like counting objects, sorting shapes or simple card games.
- Allow children to take the lead in play – it builds creativity and problem-solving skills!



Kentucky Department of
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