

my child(ren)'s name and age(s)



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activity passport

making little moments count, every day

The more you talk, play, read and sing to a child every day—particularly in the first 1,000 days—the smarter their brain becomes.

8  %

of the foundation of a child's brain development is built by age three. Brain building is important during the early months and years.

Talking, playing, reading and singing are ways to help children get the brain exercise they need. The activities in this booklet will get you started. So go ahead—talk, play, read and sing with your child every day!



sing 

sing what you do



Whether folding laundry, closing a door or taking a walk, sing about it. Copy the sounds your child makes to create a song together. What task did you sing about?

WE DID IT!

sing one of your favorite songs growing up



Move your hands or body to go along with the song. Repeat the song to see if your child will repeat words and movements too! What song did you sing?

WE DID IT!



read



snuggle up and read a bedtime story

When reading, add in movement and sound to go along with the book. What book did you read?

WE DID IT!



explore senses while reading a story

During story time, let your child explore with all of their senses. Let them touch, pat, even hold what you're reading. Describe their actions like, "You're patting the bunny." What senses did they use?

WE DID IT!

your child's brain development milestones

Use the tips and activities in this passport to read, talk, sing and play with your child at every age. If you have multiple children, bring them together for family fun talking, playing, reading and singing!

age	what your child is doing
newborn to 6 months	<ul style="list-style-type: none"> • coos, makes gurgling sounds and begins babbling • turns head to sound of your voice
6 months to 12 months	<ul style="list-style-type: none"> • explores books with eyes, hands and mouth • responds to sounds by making sounds
12 months to 24 months	<ul style="list-style-type: none"> • names items in pictures • follows simple stories • understands many more words than he or she can say
2 years to 3 years	<ul style="list-style-type: none"> • learns 2-4 new words a day and completes sentences • starts to scribble



talk



describe your favorite animal to your child

Add sounds and movements to help them guess. What animal did you describe?

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WE DID IT!



go for a walk and describe what you see

Go for a walk with your child and talk about the weather and the colors outside. Is it sunny? What color is the sun? Is it snowing?

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WE DID IT!



play



turn bath time into fun time

Let your child squeeze the towel, see how the soap makes bubbles, play with the water with their fingers and toes. What was their reaction?

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WE DID IT!



play drop the ball

Give your child a safe object to drop, like a ball or crumbled piece of paper. Pick it up so they can drop it again. "Down it falls. Up it comes." Add new objects to the game. What object did you use?

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WE DID IT!