

Track 1:

Build Words Into Playtime

Playtime is the perfect opportunity to help your little one build their vocabulary. For infants, narrate your actions as you play: "Look at the red ball! Let's roll it." Use simple, clear words and repeat them often.

With toddlers, turn everyday objects into learning tools. Point to items and name them: "This is a spoon. Can you say spoon?" Sing songs with actions, like "Head, Shoulders, Knees, and Toes," to connect words with body parts.

Reading colorful picture books together is another great way to introduce new words. Ask questions about the story and encourage your child to point to objects on the page.

Remember, consistency is key. The more words your child hears during playtime, the faster their language skills will grow. So talk, sing, and read together every day!

Audio link:

Build Words Into Playtime 1:07

<https://drive.google.com/file/d/13J86OvQAS8PltoeBoAs3QkqiHZUG5llj/view?usp=sharing>

Track 2:

Ditch the Screen

Parents, are you looking for ways to reduce screen time for your little ones? Here's why it matters and how to do it:

The American Academy of Pediatrics recommends no screen time for children under 18 months, except video chatting. For toddlers, less is more.

Instead of screens, try these engaging activities: Read colorful books together, build with blocks, or have a dance party. Get outside and explore nature - even your backyard is full of wonders for young eyes.

Create a "yes" space where your child can play safely without constant supervision. This encourages independent play and creativity.

Remember, your attention is the best entertainment. Talk, sing, and play with your child. These interactions are crucial for their development and create lasting bonds.

Ditch the screens and watch your child's imagination soar!

Audio link:

Ditch the Screen 1:10

<https://drive.google.com/file/d/1TtHL5OoY2BrhgcjTNHEv4SfweddJzcpU/view?usp=sharing>

Track 3: Use Your Voice

Did you know your baby's brain thrives on the sound of your voice? That's right, parents! The singsong way we naturally speak to infants, called "parentese," is like rocket fuel for their developing minds.

Parentese isn't baby talk – it's speaking in a higher pitch, with exaggerated intonation and stretched-out vowels. "Hellooo, sweetie! Are you hungryyyy?"

Use parentese to narrate your day: "Now we're changing your diaaaper!" or "Look at the pretty floowers!" This rhythm and repetition helps babies tune into language sounds.

Don't wait for your little one to talk back. Chat away during diaper changes, feeding times, or just cuddling. Your voice is building crucial brain connections, even if your baby can't respond yet.

So keep talking, singing, and cooing. Your voice is the sweetest sound – and the best brain-builder – for your baby!

Audio link

Use Your Voice 1:16

<https://drive.google.com/file/d/1jcKnc1XMCvmoYnz7ObB7ccY1fRQIJfLR/view?usp=sharing>

Track 4: When your baby cries, respond with warmth and love.

Crying babies and upset toddlers need love, not tough love!

Did you know? Responding with warmth and affection to your little one's distress isn't just comforting—it's crucial for their development.

Research shows that leaving babies and toddlers to cry it out can lead to "toxic" stress. Over time, this stress can:

- Hinder learning abilities
- Make it harder to trust others
- Affect emotional regulation

So what can you do?

- Respond promptly when your child cries or shows distress
- Offer comfort through gentle touch
- Use calm, soothing words
- For toddlers, help them name their emotions

Remember, you can't spoil a child with too much love. Your warm response builds a foundation of trust and security that'll benefit your child for years to come.

This applies to babies AND toddlers! As children grow, they still need your loving support to navigate big emotions.

Audio link

When Your Baby Cries Respond With Warmth and Love 1:23

<https://drive.google.com/file/d/18IR2xmYAgblDm4boUbsFHHjlaUv6v5lv/view?usp=sharing>

Track 5: — **Read together — every day.** Just 15 minutes of daily reading time can make a difference. Make storytime a sweet and special time by looking at pictures and words in a book together.

Hey parents! Did you know that just 15 minutes of reading with your little one each day can make a huge difference?

Reading together isn't just about learning – it's about bonding. It's a special time to snuggle up, explore pictures, and share stories.

For infants, it's all about the visuals and your soothing voice. For toddlers, it's an adventure in words and imagination.

Make it a daily habit – after breakfast, before nap time, or as part of bedtime routine. The key is consistency and keeping it fun!

Remember, every page turn is a step towards a lifelong love of learning. So, grab a book and start your reading journey today!

Read together — every day. Because small moments lead to big dreams.

Audio link

Read Together - Every Day 1:08

https://drive.google.com/file/d/13kgAvuKzuVM8ygC7i1-b_jLEketRKbem/view?usp=sharing

Track 6: — **Talk about what you do.**

Hey, parents, do you want a simple way to boost your little one's language skills? It's easy—just talk about what you're doing!

Whether you're changing a diaper, washing dishes, or folding laundry, narrate your actions. Your baby is always listening and learning.

'Now I'm wiping your tummy. Oh, look at those tiny toes!'

'I'm rinsing this plate. See the bubbles?'

'Let's put away these socks. One, two, three!'

By describing your everyday activities, you're:

- Building vocabulary
- Teaching sentence structure
- Helping your child understand the world

Remember, even if your baby can't talk back yet, they're soaking it all in. So keep chatting!

Boost your baby's brain – talk about what you do, all day long. It's that simple!

Audio link

Talk About What You Do 1:16

https://drive.google.com/file/d/1ecrCWvB12U4c5Om4P8783dUUg0OynM_X/view?usp=sharing

Track 7: — **Get the most mileage out of your words together.**

Connect one thing — like your keys — to many words. “Hear how they jingle? Isn’t that loud? We use keys to start the car and go for a ride. Where should we go today?” Boost your little one’s vocabulary with everyday objects and sounds!

Try these fun activities:

- Animal sounds: "The cow says moo!"
- Vehicle noises: "Vroom goes the car!"
- Action words: "Splash in the bath!"
- Nature sounds: "Listen to the wind whoosh!"

Link sounds to actions:

- • Stomp feet: "Thump! We're making loud steps."
- • Clap hands: "Clap clap! Let's make music together."
-

Try this with toddlers: Pick up your keys and start a word adventure. "Look, keys! They're shiny and jingle. We use keys to open doors and start the car. Where should we drive today?" Repeat often and exaggerate sounds. Point to objects as you name them. Encourage imitation and celebrate attempts.

Audio link

Get the most mileage out of your words together: 1:40

https://drive.google.com/file/d/18e8NuGXObQd1WfVDbg2WzhaKU_zmGuqO/view?usp=sharing

Track 8: — **Answer with a sentence.**

Parents, listen up! When your little one reaches out their arms and says, "Uppie, uppie," it's more than just a cute moment - it's a chance to build connection and language skills! Ask a question and answer with a sentence.

Try responding with, "Do you want daddy to pick you up? That means I get to hug you, too!" This approach:

1. Reinforces vocabulary by using full sentences
2. Teaches cause and effect
3. Adds an emotional element (hugs!)
4. Encourages communication

Example: Toddler: "Uppie, uppie!" (reaching arms up)

You: "Oh, you want mommy to pick you up? When I lift you, we can have a big squeeze!"

Toddler: (giggles) "Big squeeze!"

See how it works? Your toddler learns new words and associates the action with positive emotions.

Remember, every interaction is a learning opportunity. By expanding on your child's simple request, you're helping them develop crucial language and social skills. Plus, who doesn't love extra cuddles?

Audio link

Answer With a Sentence 1:27

<https://drive.google.com/file/d/1DgvKpVq9BvLLhozWg8ptqyyJm45zZ0DW/view?usp=sharing>

Track 9: — **The right kind of praise is vital.**

The way we praise our children can shape their mindset and resilience. This applies to all ages, even infants!

Focus on effort for toddlers and preschoolers. When your child completes a puzzle, say, "You worked so hard on that puzzle, and you finished it. Great job!" This highlights the value of hard work and dedication.

For infants, praise their attempts at new skills. When your baby tries to roll over, say: "Look at you trying to roll! You're working those muscles. What a great effort!" This encourages persistence from an early age.

Research shows that children praised for their efforts are more resilient and less likely to give up when faced with challenges. By emphasizing the process rather than just the outcome, we teach our kids that effort and growth are key to success.

This doesn't mean we shouldn't celebrate achievements, but balancing praise for effort and results helps build a growth mindset. It encourages children to embrace challenges, learn from mistakes, and understand that abilities can be developed through dedication and hard work.

So next time your child, no matter how young, accomplishes something or tries something new, remember to acknowledge their effort. It's a small change that can make a big difference in their approach to learning and overcoming obstacles.

Audio link

The Right Kind of Praise is Vital 1:22

https://drive.google.com/file/d/143iZ8QVBQ828cl_IMSn-h_aaHWgNqxK5/view?usp=sharing

Track 10: — **Talk all the time.**

Did you know talking to your baby and toddler is crucial for their development?

Even before real words, every sound your baby makes is communication. Respond to their coos and gurgles - you're building their brain with every word!

As they grow into toddlers, keep the conversation flowing. When your little one points at a dog, expand on it: "Yes, that's a big brown dog. He looks fluffy!" This helps build vocabulary and sentence structure.

Narrate what you're doing during daily routines. "Now we're putting on your blue socks. One foot, two feet!" This teaches language in context. With toddlers, ask open-ended questions: "What do you think will happen next in the story?" This encourages critical thinking and language use.

Remember, your voice is powerful. Whether it's baby babble or toddler chatter, respond as if it's a real conversation. You're not just entertaining them - you're shaping their future language skills, emotional bonds, and cognitive growth.

So, keep talking, singing, and engaging at every age. Your words are the building blocks of their minds!

Audio link

Talk All the Time 1:19

https://drive.google.com/file/d/1BQZSR65COMHuGjRfER4_vsEvLCaXmbjZ/view?usp=sharing