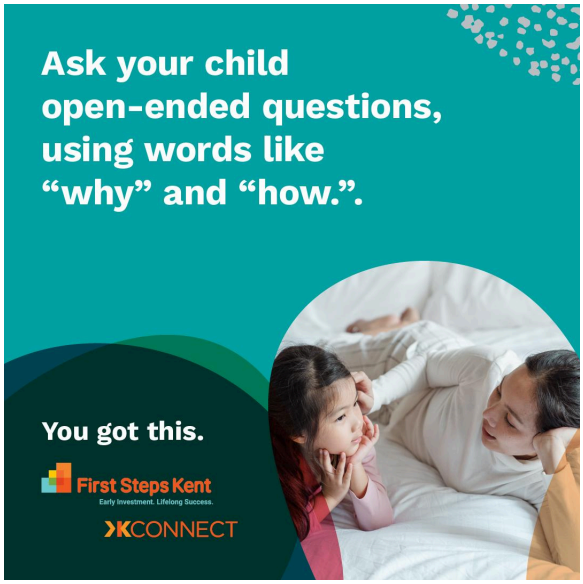
Brain-Building Activities.

- Start with sharing the article, “Brain Building Activities,” https://www.firststepskent.org/articles/brain-building-activities
- Or the introduction to the campaign – “You Got This.” https://www.firststepskent.org/articles/you-got-this
- Hashtags to use: #yougotthis #startstrong #startaheadstayahead #COVIDparents #BrainBuilding #COVIDparenting #earlylearning #firststepskent

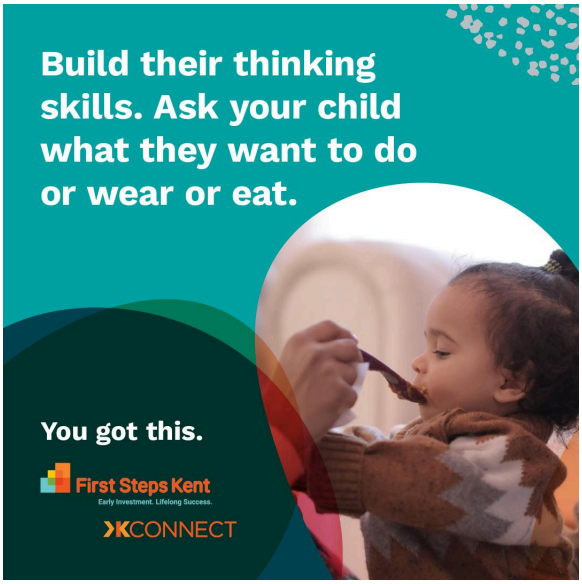


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- Possible post for your use -

The good news for parents: You don’t have to do anything out of the ordinary to help your child’s brain grow to be strong and well connected. You got this. FirstStepsKent.org/YouGotThis

Ask your baby questions. Building these earliest skills create the foundation for more advanced skills. You got this. FirstStepsKent.org/YouGotThis

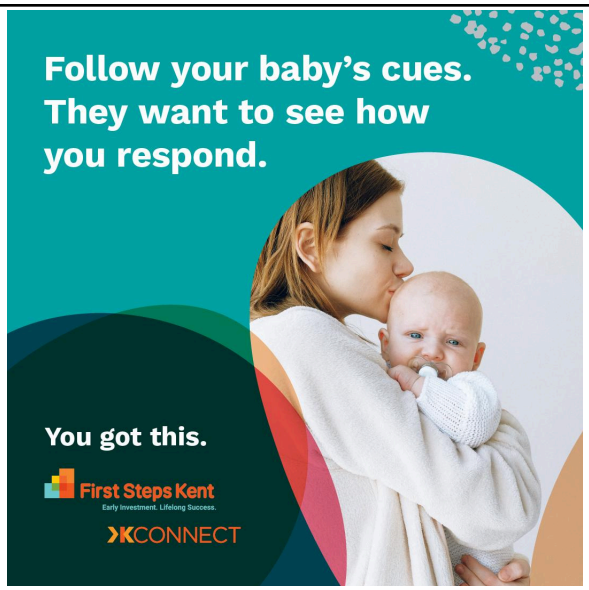


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Let them struggle with simple challenges – like stacking blocks or putting a book on the shelf – while letting them know you’ll be supportive when they do hard things. You got this. Visit FirstStepsKent.org/YouGotThis

Let them make decisions about what game to play or book to read. You don’t have to do anything out of the ordinary to help your child’s brain grow to be strong.. You got this. FirstStepsKent.org/YouGotThis



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When you talk to your baby, give them time to respond with sounds or facial expressions. You are your child's first and most important teacher. That can sound scary and overwhelming, but it doesn't need to be. You got this. Visit FirstStepsKent.org/YouGotThis

It has been a hard few months for parents. COVID-19 has added a lot of stress to all our lives. Hopefully, you feel reassured knowing that the little things you do every day are helping your child's brain develop. You got this. Visit FirstStepsKent.org/YouGotThis

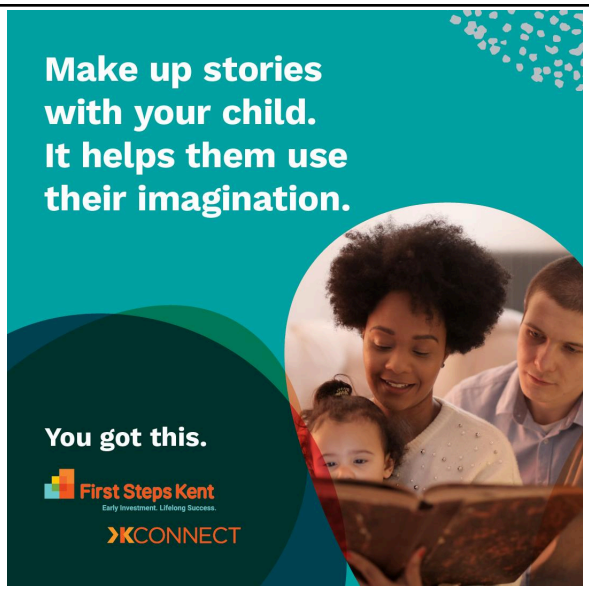


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Babies and toddlers learn the skills that will help them in school and beyond: How to get along with others, solve problems, be creative, manage their feelings, and meet new challenges.You got this. Visit FirstStepsKent.org/YouGotThis

COVID-19 has added a lot of stress to all of our lives. We know you're doing your best. Here's what you can do to give yourself a little grace. You got this. FirstStepsKent.org/YouGotThis

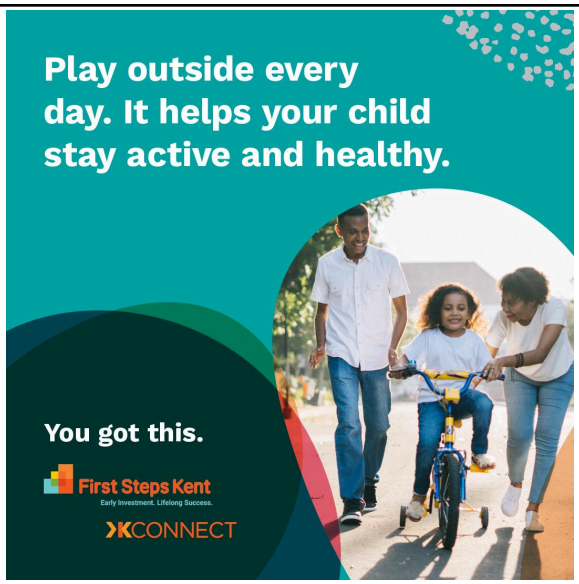


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The good news for parents: You don’t have to do anything out of the ordinary to help your child’s brain grow to be strong and well connected. You got this. FirstStepsKent.org/YouGotThis

You’re doing your best and that’s enough right now. Do your best to take some time for yourself too. You deserve it and you need it. You got this. Visit FirstStepsKent.org/YouGotThis



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Get outside. Take a walk or lay down a blanket. The fresh air is good for you and your child. You got this. Visit FirstStepsKent.org/YouGotThis

It has been a hard few months for parents. COVID-19 has added a lot of stress to all our lives. Hopefully, you feel reassured knowing that the little things you do every day are helping your child’s brain develop. You got this. Visit FirstStepsKent.org/YouGotThis