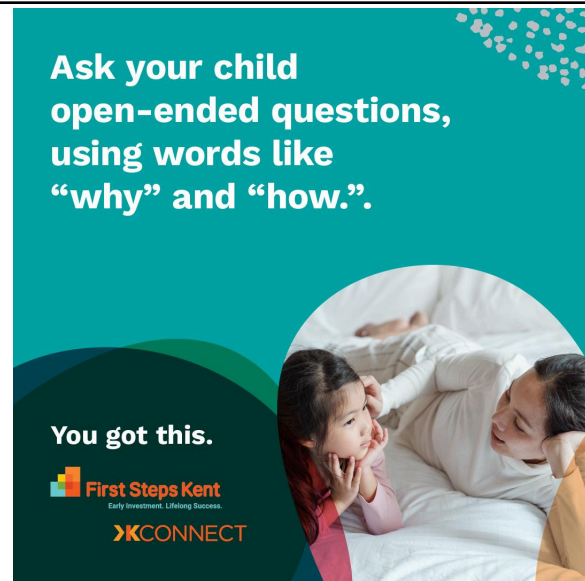


Brain-Building Activities.

- 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



To use this image: Right Click “Save As Picture”

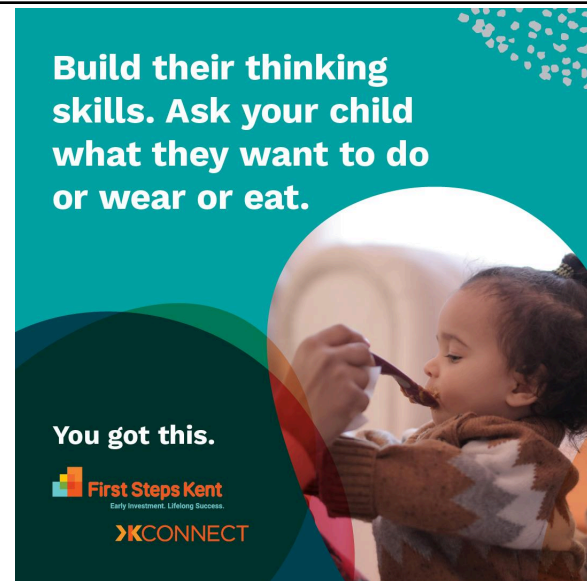
- Possible post for your use -

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](https://www.firststepskent.org/YouGotThis)

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

[FirstStepsKent.org/YouGotThis](https://www.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](https://www.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](https://www.firststepskent.org/YouGotThis)

**Follow your baby's cues.
They want to see how
you respond.**



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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](https://www.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](https://www.FirstStepsKent.org/YouGotThis)

**Build Self-Confidence.
Ask your child's opinion:
"What are your favorite
things we did today?"**



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- Possible posts for your use -

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](https://www.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](https://www.FirstStepsKent.org/YouGotThis)

Make up stories
with your child.
It helps them use
their imagination.

You got this.



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- Possible posts 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. Visit 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

Play outside every
day. It helps your child
stay active and healthy.

You got this.



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- Possible posts for your use -

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