Every word you say builds your child’s brain

Research shows that children do better in school when their parents talk and interact with them from birth. Make the most of your time together by using the 3Ts.

**Tune In:** Be in the moment.
**Talk More:** Use a wide variety of words.
**Take Turns:** Engage your child in conversation.

When you use all 3Ts at once, you build the strongest possible brain for your child.

For more tips and tools, sign up for the free app at the3Ts.org!
Playtime
During your next playtime, you could talk about the:
• tall tower
• noisy truck
• sleeping dolly
• silly song

Mealtime
During your next mealtime, you could talk about the:
• crunchy apple
• orange crackers
• 2 cookies
• leafy broccoli

Bath Time
During your next bath time, you could talk about the:
• tiny bubbles
• wet baby
• floating duck
• slippery soap

Pay attention to what your child is focused on, then talk about it to have a conversation!