



Talk to Your Baby!

The more words you say to your baby, the smarter he/she will be!

If you don't talk to your child by the time she is 1 year old, she will likely have fallen behind kids whose parents frequently talk to their infants. This might mean she won't talk as much or understand and learn as well as other children.

The key to learning for babies and young children is talking to them! The more you speak to a child **from the time they are born**, the better! As silly as you might feel talking to a newborn, know that you are making them smarter and connected to you.

Explain things around them and what you're doing with them, for example: *Feel Teddy's nose! It's so soft! Cars make noise — look, there's a yellow one! Baby feels hungry? Now Mommy is opening the refrigerator.* So put those smartphones away!

The greater number of words babies and children hear from their parents or caregivers, **the higher their IQ and the better they will do in school.** TV talk doesn't help – it has to come from you!



I see a mouth, two teeth and healthy pink gums!



Jonah has two eyes, two hands and feet, one little nose and ten fingers.



Feel Nila's nose. It's so soft. We use our noses to smell, breathe and sneeze!



Mommy is using a yellow scrubber to give you a bath. The water is warm.

Try to use a gentle or conversation voice to talk to your baby so they always feel safe.

Babies can't talk so when they cry they are trying to tell you **they need something** like food, a new diaper, to be comforted or cuddled.