

Caregiver Visit Checklist

\square	Торіс	Talking Points
\square	Why Early Literacy	When you read, talk and play with your child, even before they can use words, you are helping them learn language, math, reading, and social skills. (Use your home language or language you feel most comfortable with.)
	Early Brain Development	 The parent/child relationship is the most powerful influence on children's early brain development, particularly in the first two years. 80% of the brain develops by age 3.
	Read	 Read a book or tell a story to your child every day, (in whatever language you feel most comfortable) beginning at birth. Let your child turn the pages. It's OK if they skip pages. Run your finger under the words as you read. Point to pictures, letters, and numbers in books. Ask questions: "What do you see?" "What do you think will happen next?" Don't expect your toddler to sit still for books. Let them move while you read if they aren't ready to sit though the story. Read a little bit, several times a day. Make the story come alive. Create voices for the characters or act out the story. Screen time tip sheet
	Talk	 Children's successes at ages 9 and 10 can be related to the amount of talk they hear from birth through age 3. (human interaction, not screen time - TV, movies, computer) Share Read, Talk, Sing tip sheet - go over 2 points
	Play	 Children learn through play Builds confidence Develop physical skills Feel loved, happy and safe Playing, especially pretend play, improves speaking and understanding Play helps develop self-regulation skills (ability to manage emotions and behavior when upset) Milestone Tracker app half sheet
	Bag Contents	 Books Screen time tip sheet Read, Talk, Sing tip sheet 64 Positive Things to Say to Your Child Milestone Tracker app