

# Talk to Me—set me up for SUCCESS!

## 1 The more talk the better.

The amount of talking your baby hears is more important than what you are saying, and babies and very young children should hear many, many thousands of words each day.

## 2 Human interaction is best.

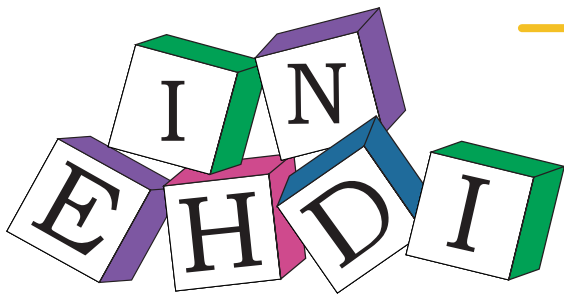
Radio, TV or music do not replace parent or family member interaction with your baby for language development.



## 3

### What an expert says:

Talking and singing to babies are the most important things for parents to do! "Parent talk is probably the most valuable resource in our world. No matter the language, the culture, the nuances of vocabulary, or the socioeconomic status, language is the element that helps develop the brain to its optimal potential. In the same way, the lack of language is the enemy of brain development."<sup>1</sup>



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## 4

### Ready to Learn!

Talking to our babies gets them ready to learn and succeed in school and in life.

## 5

### Ready to Go!

Kids who hear more words are more likely to do well in school, earn more money and be ready to learn and reach their goals.

## 6 Brain-building.

By the time you baby is 4, his or her brain will be developed. When you talk, read, and sing to your babies and toddlers, you build their brains and help them learn everything from creativity and problem-solving to reasoning and self-discipline.



## 7 Overcome adversity.

On average, kids from lower-income households hear as many as 30 million fewer words by their fourth birthdays than their higher income peers. This means they start kindergarten with less than 1/2 the words which means they may be more likely to fall behind in school. **YOU** can make a difference by talking to your baby.

<sup>1</sup>(Thirty Million Words, Building a Child's Brain, Dana Suskind, M.D., p. 1, 2015.)

# Talk to Me—set me up for SUCCESS!

## Talk to me about what you are doing during the day.

Say things like “Mommy is cooking dinner. This pan is heavy. I am filling the pot with water.”



**Watch:** Viral video of baby **talking to his dad** will melt your heart



## Read.

**Read to your child at least 15 minutes every day.** Reading five minutes gives your child 800,000 words per year. Reading 20 minutes gives them 1.8 million words per year.<sup>1</sup>

## Sing.

**Sing songs and nursery rhymes.** Singing helps the brain detect pitch changes in speech.

## Questions.

**Talk about what we hear.** “Is that an airplane? Where is the airplane? An airplane flies in the sky-see?”

## Home language.

Talk to your child in the language your **home language**.

## Conversation.

Take turns chatting back and forth with me.  
**Give me time to respond.**

## Places, people, activities.

Talk about where you go, what you do there, and who and what you see:  
**especially when traveling together.**



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**Watch:**  
Talking to baby



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