**Morning Time**

You want to wear your dinosaur shirt today? The dinosaur is big and strong like you! The long sleeves will keep you warm at the park.

**Tune In** to what clothing he wants to wear or what food he wants to eat for breakfast.

**Talk More** by describing what he chooses.

**Talk More** about what you're doing as you're doing it. Don't just do it. Talk him through it.

Mommy is mixing your oatmeal so it's nice and creamy. I'm going to add bananas too. You love bananas. The oatmeal is hot. Let's blow on it before you take a bite.

**Routines**

**Take Turns** by showing how you get ready and encourage your child to do the same.

It's cold today. We need to put on our coats before we go outside. I put my right arm in first, then my left. Now it's your turn. Which arm do you want to put in first?

**Did you know:** It's easier to undress than dress. If your child's struggling with putting things on, focus on showing him how to take things off — shoes, socks, coat — instead.

**Bath Time**

Give your child plastic containers to play in the water. **Talk More** to describe the colors, shapes, and sizes you see.

Jamal's cup is yellow just like the rubber ducky.

Gabby's container is a circle. Mommy's container is a square.

Daddy has the big cup. Emily has the small cup.

**Take Turns** pouring water from one container to another.

The blue cup is full. Mommy's pouring the water from the blue cup into the red cup. Now the red cup is full and the blue cup is empty. It's your turn to pour.

**Tune In** to what he's enjoying most and **Talk More** about it.

Words like big/small and empty/full introduce your child to math. Don’t forget to use action words like pouring and splashing to build his vocabulary.

You love splashing! Look at the bubbles you make when you splash.
Toddlers + the 3T’s

**Routines**

### Mealtime

*Talk More* about making the food, eating the food, even cleaning up after you’re done.

Use the 5 senses — hearing, seeing, smelling, tasting, feeling — to describe what your child’s *Tuned In* to.

The more *Tuned In* you are, the more you and your child will *Take Turns*.

Using descriptive words — ripe, scrumptious, and gooey — and action words — sizzles and dribbling — are a great way to build your child’s vocabulary while you’re building his brain.

### Bedtime

*Tune In* to your child and *Talk More* about what needs to happen before bedtime.

*Listen to the chicken sizzle when I put it in the hot pan.*

*The juice from that ripe pear is dribbling down your chin.*

*Mmm, the cookies baking in the oven smell scrumptious!*  

*This orange is so sour my lips are puckering.*

*You have sticky gooey peanut butter all over your fingers.*

It’s time to get ready for bed. First, we brush your teeth so they stay healthy, then we wash your face so you’re clean.

Let’s change your diaper before we put on your pajamas. A nice, dry diaper will help you sleep.

Your body needs rest so you can wake up tomorrow and have lots of energy to play. Mr. Bear needs his rest too. Goodnight Mr. Bear.

*Which pajamas do you want to wear? Your pink ballerina pj’s or your purple kitty pj’s?*

*Which book do you want to read? Goodnight Moon or Goodnight Gorilla?*

Do you want one goodnight kiss or five goodnight kisses?

Your child *Takes Turns* when he tells you what he chooses. Make sure you *Tune In* and go with what he chose.

**Did you know:** Establishing a routine for your child’s bedtime will help him develop healthy sleep habits. When a child knows what’s coming next, he’s more relaxed and will likely sleep better.