What are the 3Ts?

Every word you say builds your child’s brain. Your words build connections in your child’s brain. The more connections he has, the easier thinking and talking will be and the smarter he will become.

Just use your 3Ts:

- **Tune In** to your child by paying attention to what he’s focused on and talking about it.
- **Talk More** to make as many brain connections as possible.
- **Take Turns** by having a conversation with your child.

**Practice**

Don’t just do it; talk him through it! Talk about what you’re doing as you’re doing it. Enjoy a book together. Talk about what’s grabbing his attention on the page.

**Remember**

Children aren’t born smart. They are made smart, by their parents talking and interacting with them. A child who hears more words will know more words and be better prepared to learn when he starts school.
3Ts: Tune In

Your child learns most when he’s engaged in what he’s hearing.

So Tune In to him and get him to Tune In to you!

Tune In to your child by talking about what he’s focused on. This is always changing. So pay attention and change your words to match.

Practice

Distractions like TV and cell phones keep you from Tuning In and Talking More with your child. Turn them off to Tune In!

Research shows that babies make more brain connections when listening to child directed speech than normal adult speech.

Remember

Encourage your child to Tune In to you by physically getting on his level and talking about what he’s focused on.

Turn up your tone by using child directed speech. This makes your voice more interesting to listen to, so your child will Tune In longer.
3Ts: Talk More

Think of your child’s brain like a piggy bank.

When you Talk More, your child builds brain connections and a bigger vocabulary. Every word you say fills his bank and builds his brain.

Talk More about:
- The here + now
- The past + future
- Thoughts + feelings

Practice

Take ‘it’ out of your vocabulary. ‘It’ can mean anything, so your child won’t learn new words. Instead label what you’re talking about.

Sing with your child to introduce him to words that you don’t normally say in conversation.

Remember

Talk More by describing and using action words to build your child’s vocabulary.

Talk More about your child’s thoughts and feelings to help him understand and learn how to express them.
3Ts: Take Turns

It’s never too early to have a conversation or Take Turns with your child!

Before they can say words, babies and toddlers Take Turns by crying, babbles and coos, facial expressions, gestures, actions, and made-up words.

It’s your job to Tune In and respond to what your child communicates.

Practice

Sing songs to Take Turns with your child! Every clap, dance move, and babble is a turn.

The more you and your child Take Turns, the faster his words will come and the bigger his vocabulary will grow.

Remember

How to Take Turns

⚠️ If your child uses sounds, facial expressions or gestures to communicate, Take Turns by putting words to what you think he’s saying.

⚠️ If your child uses words or parts of words to communicate, Take Turns by saying what he’s saying in a complete sentence.

⚠️ If your child uses words or short sentences to communicate, Take Turns by saying what he’s saying and adding more.