



# Infants + the 3Ts

**Every word you say builds  
your baby's brain!**

Research shows that children do better in school when their parents talk and interact with them from birth. Make the most of your time together by using the 3Ts.



Be in the moment. Look for clues about what your baby is communicating.



Use a wide variety of words.



Engage your baby in conversation.

When you use all 3Ts at once, you build the strongest possible brain for your child.

# Start now. Here's how!



## Tune In

- Respond to your baby's cries and other cues by telling them what you think they're communicating.
- Notice what catches your baby's attention, and talk about it.
  - *"It sounds like you're tired. You must be ready for a nap."*
  - *"Are you looking at the cat? You're watching her eat her dinner just like we do."*



## Talk More

- Talk, read, or sing with your baby - they love to hear your voice.
- During tummy time, describe what your child reaches for using rich language such as color, texture, or Math Talk about numbers, shapes, and sizes.
- Narrate daily routines like diaper changes or mealtime by talking your baby through what you're doing, as you do it.
  - *"You grabbed your round yellow ball. You like how it's squishy in your mouth don't you?"*
  - *"I know, you don't like it when I change your diaper, but I'm almost done. I'm putting the cream on now. Here comes the new diaper. We'll fasten the right side, now the left. All done!"*



## Take Turns

- Respond to your child's sounds and gestures as though they are words in the conversation.
- Repeat the sounds your child makes to encourage them to respond.
  - *"You're smiling! You like it when mom bounces you like that don't you?"*
  - *"No, you don't like that? I'm sorry, I'm almost done wiping your face."*