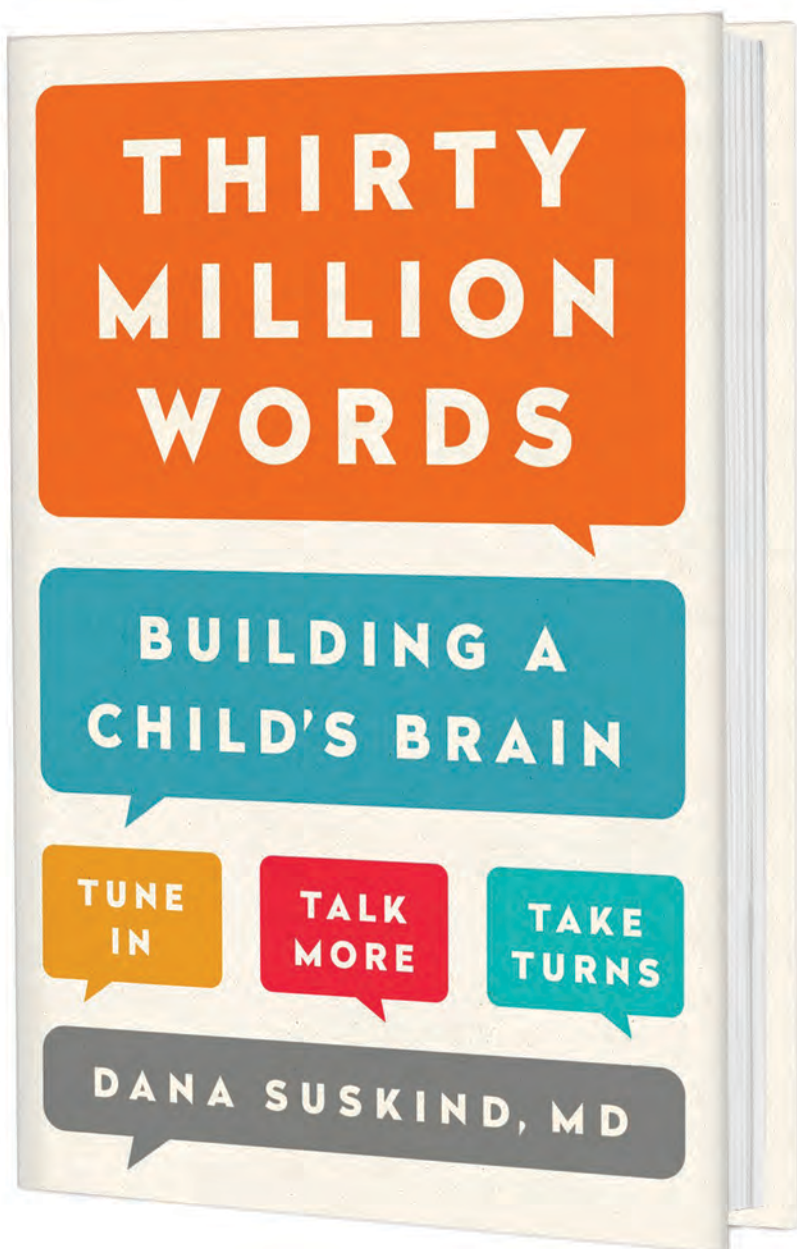


THE MOST IMPORTANT THING ANY PARENT
CAN DO FOR THEIR CHILDREN IS HAVE CONVERSATIONS
WITH THEM. **STARTING THE DAY THEY ARE BORN.**



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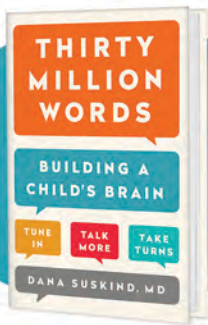
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START READING PARENTING TIPS





SAY THIS, NOT THAT TO BUILD YOUR CHILD'S BRAIN

SAY THIS

"You worked really hard!"

NOT THAT

"You're so smart!"

Rather than inborn ability, what we really want our children to feel about themselves is that, when faced with an obstacle, they can find a way to conquer it by simply not giving up. It's called "grit."

SAY THIS

"What should we do with the toys now that we're done playing?"

NOT THAT

"Put the toys away now."

The second is a demand by a "superior" that must be fulfilled. The first supports a child's emerging autonomy.

SAY THIS

"Will you be my helper?"

NOT THAT

"Will you help me?"

In a study, children, three to six years of age, who were asked to be 'helpers' were more likely to help researchers clean up a mess than children who were asked simply to "help."

SAY THIS

"That was a very bad thing to do."

NOT THAT

"You are so bad."

If we want to help a child on a path of positive actions, criticizing specific behaviors boosts a child's understanding that she is "good" and just made a reparable mistake vs. a child who now sees herself as "bad."

DID YOU KNOW "Baby" talk appeals to a baby's ears, helping to draw attention to what is being said and encouraging the child to pay attention, or Tune In. In a recent study of children eleven to fourteen months old, those who had heard more child-directed speech knew, at two years of age, twice as many words as those who had been exposed to more adult-directed speech.

HOW CAN YOU BUILD YOUR CHILD'S BRAIN AND SHAPE HIS OR HER FUTURE? USE THE THREE T'S!

THE 1ST T TUNE IN

Make a conscious effort to notice, focus, and respond to what your child is communicating.

WHY? A child who receives consistent Tuning In is more likely to stay engaged longer, to initiate communication and, ultimately, to learn more easily.

THE 2ND T TALK MORE

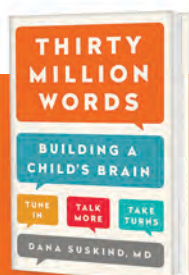
Surround your child with rich language. It's not just the number of words, but the kind of words and how they're said.

TRY: Narrating what you are doing, while you are doing it. The routines you take for granted are valuable to your young child; every word, every description transforming otherwise ordinary events into brain building and attachment building.

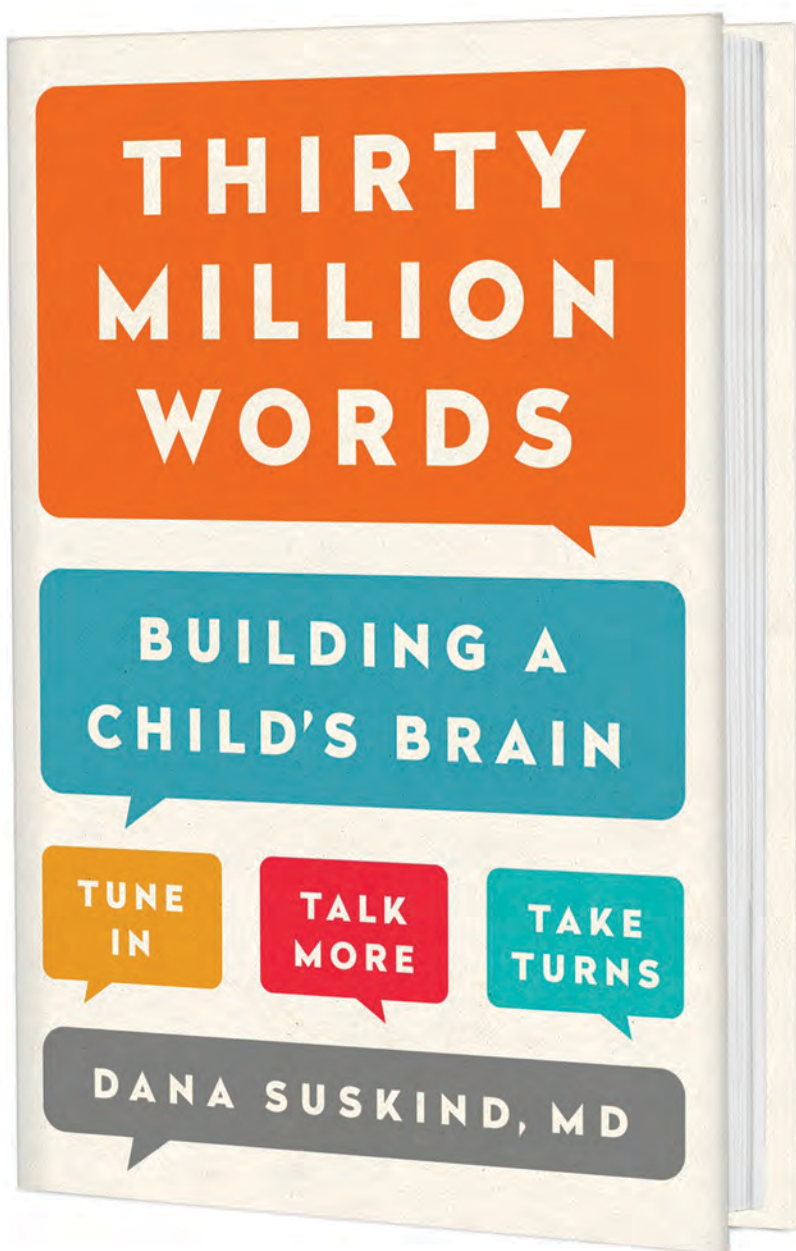
THE 3RD T TAKE TURNS

Engage your a child in a conversational exchange. This is the most valuable of the Three T's for a child's developing brain.

BUT: Don't ask yes or no questions, which do little to keep a conversation going or teach the child anything new. Open-ended questions are the way to go. A simple 'how' or 'why' allows a child to respond with a wide range of words, thoughts and ideas.



For more, read **THIRTY MILLION WORDS: BUILDING A CHILD'S BRAIN** by **DANA SUSKIND, M.D.**, founder and director of the Thirty Million Words initiative and advisor on Hillary Clinton's Too Small to Fail initiative.



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