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# WHAT ARE THE BASICS™?

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**We now know that 80% of brain growth happens by the age of three!** Beginning from birth, young brains develop like little muscles, getting bigger and stronger the more you and your family interact with your child.

The Basics are five fun, simple, and powerful ways to help all our children aged 0-3 grow to be happy and smart.

**Do all of the Basics every day to help your child become the amazing person you know they can be.**

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## Maximize Love, Manage Stress



Babies and toddlers thrive when their world feels loving, safe, and predictable. Respond with smiles, words, and touch to help them see, hear, and feel your love. You will help them develop a sense of security and self-control.

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## Talk, Sing, and Point



Babies learn language from the moment they are born. Respond to their sounds, and later, their words. Connect with eye contact and a loving tone of voice, while pointing to help them know what you are talking about.

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## Count, Group, and Compare



Every child's brain is wired for math. Talk about numbers, shapes, patterns, and comparisons as you go about your routines together. Watch your child learn to love math.

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## Explore Through Movement and Play



Babies are like scientists who love making discoveries. Watch to see what interests your child, then encourage their curiosity and help them learn when they play and explore.

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## Read and Discuss Stories



Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. With infants, point at the pictures and speak with excitement. With toddlers, just make it fun.

## Who Is Involved?

Lots of people! Partners include hospitals, health centers, schools, community centers, childcare providers, churches, family members, and others.

## What If I'm Not a Parent?

You still care about children! Learn about the Basics. Encourage parents and caregivers to make sure their children experience all five with everyone who cares for them.

## How Can I Learn More?

Visit [www.thebasics.org](http://www.thebasics.org) or contact Dora to become involved locally.  
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