

# IT TAKES JUST A MINUTE



## Talk with Your Child

### Tell stories

- “When you were a baby...”
- “One time when I was your age...”

### Describe your actions

- “I’m putting some oil in this boiling water so the pasta won’t stick together. Now I’ll put in the pasta. Look at the steam from that pot— I’d better be careful.”

### Describe your child’s actions

- “You are digging a very deep hole with that shovel.”
- “You are building a tall skinny tower with the blocks.”

### Expand words

- “That’s right. It’s a puppy. See how short and long this puppy is? He’s a dachshund.”

### Have conversations with your child

- “Tell me how you made this picture.”

### Ask questions that have more than one or two word answers

- “What happened that made you feel sad?”
- “What do you think he’s doing?”

It takes just a minute to make a big difference!