

# Best beginnings July 2008 PSAs

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## 1. "Active Listening"

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Did you know that listening to children helps them learn to read, builds vocabulary, and strengthens many other skills?

Make time today to listen to your child.

Give your child your undivided attention. Ask opened-ended questions to encourage dialogue. And make sure your child feels "safe" talking with you, without fear of being criticized.

Active listening often takes a great deal of patience, but your child is worth it!

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## 2. "Play List"

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Playing with young children is a great way to help them build social, problem solving and communication skills.

So, what's on your "play list" today?

How 'bout going for a walk and pretending to be a hungry bear?

Or put a string on a stick and pretend to go fishing. Maybe your little one will catch a big one...in the form of YOU.

Whatever you play, your child will soak up all the benefits of your loving attention.

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### **3. "Self sufficient"**

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Wouldn't it be great if everyone were economically self-sufficient?

Unfortunately, not everyone has -had the foundation laid to do it.

The good news is that we as a society can help Alaska children get that foundation to make good choices in life, and to become self-sufficient.

By supporting parents and high quality early learning, we can wire kids for success from the start.

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### **4. "Everything You Need to Learn"**

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Some say, "all you really need to know you learn in kindergarten." But in reality, you learn it long before.

Studies suggest that by the time children enter school, their brains are already "wired" for how well they will do in life.

Children who have experienced positive stimulation as babies and toddlers tend to have more fully developed brains than those who have not.

Quality early learning opportunities make the difference.

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## **5. "Fishing Thought"**

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While you're out fishing and contemplating life this weekend, here's something to ponder:

A baby's brain cell is like a fishing line, dangling around waiting to connect with something. The more stimulation it gets, the more connections it makes, and the more successful the child is likely to be.

So be sure to support high quality early learning and keep stimulating your baby's brain cells with positive, loving attention...and all your fun fish stories.

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