






The Basics Every Day

Practice *The Basics* every day to help your child grow to be happy and smart.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 <p>Maximize Love, Manage Stress</p>	<p>Show your child your love and take care of yourself by managing stress each day. Exercise, listen to music, or just breathe deeply. Connect with loved ones or call the Greater Charlotte Hope Line at 980-771-HOPE (4673) for support.</p>						
 <p>Talk, Sing and Point</p>	<p>Talk with your child – a lot! Turn daily routines into learning opportunities. Make up rhymes or sing songs as you interact with your child while changing diapers or clothes, washing hands, or picking up toys.</p>						
 <p>Count, Group and Compare</p>	<p>Even little ones can learn math! Make a list of math words, like <i>more</i>, <i>less</i>, <i>big</i>, <i>small</i>, <i>under</i>, <i>over</i>, and post it on the refrigerator to remind you to use math talk each day during meals, play or while out for a walk.</p>						
 <p>Explore Through Movement and Play</p>	<p>Children learn through play. Have fun playing Peek-a-Boo with your baby or Hide-and-Seek with your toddler. You can hide objects too - under a blanket for an infant, or around the room for an older child. Make it fun to explore!</p>						
 <p>Read and Discuss Stories</p>	<p>Make time to read each day. Bedtime can be a cozy time to snuggle up with a book and your child on your lap. Use lots of expression as you read. Try different voices for different characters. Ask questions and make it FUN.</p>						

For more tips on practicing **The Basics**, visit www.thebasics-mecklenburg.org.