

# BASICS INSIGHTS

## 1 MONTH

Science-based facts and suggested activities to boost your 1-month-old's brain development and learning!

**FACT** Your baby is naturally drawn to the sound of your voice. When you sing or recite rhymes to your baby, you are forming a bond with them.

### TRY THIS

- Sing or recite rhymes during daily routines, like changing your baby's clothes or diaper.
- Smile and look into their eyes.



**Talk, Sing,  
and Point**

**FACT** Your baby is becoming more aware of their body. For example, they may show special interest in their hands.

### TRY THIS

- Help your baby experience their body. Hold and gently move their hands, arms, or legs. Talk or sing about each part.



**Explore  
Through  
Movement  
and Play**



[TheBasics.org](http://TheBasics.org)

# The Basics Principles are 5 FUN, SIMPLE, POWERFUL WAYS

To give your child a great start!



**Maximize Love,  
Manage Stress**

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



**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 point to help them know what you are talking about.



**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.



**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.



**Read and  
Discuss Stories**

Reading turns kids into confident thinkers. Make books a regular part of your relationship from the very beginning. Talk about the pictures. Make it fun.



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Basics™**

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