

BASICS INSIGHTS

15 MONTHS

Science-based facts and suggested activities to boost your 15-month-old's brain development and learning!

FACT The more words your toddler hears from you and others around them, the faster they learn.

TRY THIS

- Expand on what your child says by adding words. If they point and say "Doggie," respond, "That's the nice dog from next door."



**Talk, Sing,
and Point**

FACT Phones and screens are a normal part of life, but experts say it's good to limit their use with young children. Young children learn the most from interacting with people.

TRY THIS

- When your child uses a screen, treat it like a book. Talk about what the child is seeing and hearing.
- Spend about the same amount of time on it as you would with a book. Then find other ways to play.



**Read and
Discuss
Stories**

FACT Toddlers experience strong emotions. Talking about and naming your child's emotions helps them understand how they feel. It also shows that you care and are paying attention.

TRY THIS

- Help your child understand their emotions by naming their feelings.
- Let them know that all feelings are OK, and that you are there for them, no matter if they are happy or upset.



**Maximize Love,
Manage Stress**

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.



TheBasics.org