

# BASICS INSIGHTS

## 5 YEARS

Science-based facts and suggested activities to boost your 5-year-old's brain development and learning!

**FACT** Young children learn how to manage their big feelings by watching the people around them.

### TRY THIS

- Connect your feelings to your child's. Talk about the strategies you use when you feel frustrated, excited, or sad.
- If they are sad, say, "I get sad sometimes, too. It's okay to be sad." Then share something that helps you feel better when you feel that way.



**Maximize Love,  
Manage Stress**

**FACT** When you ask your child questions, you help them practice communication skills and learn about how they see the world.

### TRY THIS

- Ask your child about their "high" and "low" for the day. What was the best part? Was anything difficult?



**Talk, Sing,  
and Point**

**FACT** Making predictions about what will happen in a story builds your child's reasoning skills.

### TRY THIS

- When you read a new book, pause between pages to ask, "What do you think will happen next?"



**Read and  
Discuss  
Stories**

# 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](http://TheBasics.org)