



Ask your child these questions and discuss the answers.  
If they cannot respond, practice showing emotions  
(smile for happy, mad face, etc)



First5 Rush County's  
Early Learning Coalition

To learn more about First5 visit our website  
[www.rushcountycounty.org/first5/](http://www.rushcountycounty.org/first5/)

TALKING IS TEACHING.ORG

TALKING IS  
TEACHING.

TALK  
READ  
SING





RUSH EARLY LEARNING COALITION  
INFO@RUSHELC.ORG

90% OF BRAIN DEVELOPMENT  
HAPPENS BY AGE 5  
HERE'S WHAT YOU CAN DO  
TO HELP YOUR CHILD:

## READ



Read books and encourage your child to read with you.



## SING

Teach your child songs and sing with them.  
Don't worry - it doesn't need to be on key!

## TALK



Talk to your child and describe what you see.  
Encourage them to ask questions.



## PLAY

Allow time for playing with your child,  
help them try new things, and encourage them.

## MODEL



Be a role model for good behavior.



## COLLABORATE WITH YOUR CHILD

WAYS TO MODEL BEHAVIOR

Being a good parental role model is important, because children mimic what they see and hear. This is sometimes called observational learning. While children have models all around them, parents are their main source of behaviors to imitate. <https://austinfamily.com/10-behaviors-to-model-for-your-kids/>

### Model: Honesty

Honesty. Admit when you break something or make a mistake. Show that nothing extreme happens when you're honest. Don't cheat others and brag about it. When you get too much change back from a purchase, be honest and help correct the mistake.



## Sing a Song: "I'm a Little Penguin"

(Sung to the tune of:

"I'm a Little Teapot" | author unknown)

I'm a little penguin black and white,  
I waddle to the left and I waddle to the right.  
I cannot fly but I can swim,  
So I waddle to the water and jump right in!



## If You Were a Penguin

Scan the QR code to hear the story on YouTube!



"If You Were a Penguin"

## Winter Animal Movements

Pretend to move like animals that live in winter.



Stomp like a polar bear  
Hop like a bunny in the snow  
Curl up like a sleeping bear  
Waddle like a penguin

