

“THRIVE Tidbits”

DID YOU KNOW?

- During the first three years of life, the foundation for all future learning takes place. They are the most important years for brain growth.
- The number of words that a child hears early in their life will determine academic success. **TALK TO YOUR CHILD!**
- The American Academy of Pediatrics recommends little to no “screen” time for a child under 2 years of age. This includes TV screens, smartphones, computers, iPads and other electronics.
- Carrying your baby in your arms rather than in a car seat helps them to develop early balance and control of their body. As you move, they learn to move their body to stay “right with the world” - with their head up!
- In order to develop a child’s brain to its highest level, a child needs an interesting environment, the right kinds of foods and people in their life who care for and love them.



Importance of Play

During play, a child learns...

1. How to interact with other children
2. How to solve problems like balancing blocks on top of others and fitting pieces into the correct holes in puzzles
3. Many new words as they name the objects they are playing with
4. Ways to stay healthy by moving and being active.

TIME OUT=TIME IN

Kids need “time-ins” for every “time-out” given to reinforce the positives that you see them doing. This helps a child to know what you expect and to seek out positive interactions with you.

Every day a child needs a list of “R’s”:

R's

Routines
Reading
Rhythm
Rewards
Relationships

