

Prepare Your Youngest Children for School with:



love ■ talk ■ read ■ count ■ play



Strong brains start at home! Because 80% of brain development happens in the first five years, you can set your child up for success by helping them develop strong, flexible minds. Engaging in meaningful interactions with your children prepares them for kindergarten and beyond.

Promote your child's brain growth with these 5 ways before they're 5 years old:



LOVE: Children thrive when they feel loved and when their world feels safe and predictable.



READ: Reading stories and talking about what's on the pages sparks imagination and helps children develop important language skills.



PLAY: Playing pretend, laughing together, crawling, and running around are important parts of growth that help children develop social skills, understand language, learn problem-solving, develop physically, and even practice self-control.



TALK: From learning the back and forth of conversation to expanding their vocabulary, talking with your child, even when they're too young to talk back, helps with brain development!



COUNT: When you teach your child about counting and sorting, you are equipping them with valuable skills for a future of learning, growing, and problem-solving.

5b45 is a collaborative initiative created by KSL, United Way of Salt Lake, Help Me Grow Utah, Envision Utah, the Utah State Board of Education, and other early education experts.



Follow **#5b45** for more amazing ways to get brain building! Learn more about the initiative: **5b45kids.com**



Curious if your kid is on-track developmentally? Try a **FREE screening** from Help Me Grow Utah: **helpmegrowutah.org**



love ■ talk ■ read ■ count ■ play

Powered by
vrom™