

Key Messages to Share with Families



Families are their baby's first and best teachers.

Use these simple key messages in your Lightning Coaching Moments to empower families to talk with their babies early and often.

1

You have the power to help your baby become a better learner and a strong reader, even if you struggled in school or with reading.

2

Your baby's brain grows rapidly early in life. From the third trimester of pregnancy to 3 years old, your baby's brain grows to 80-85% of the size of the adult brain.

3

Even before your baby can talk, they have lots of ways to communicate. Eye contact, head turns, coos, body movements, and crying are some of the ways your baby tries to talk with you.

4

Back-and-forth conversations with lots of language nutrition strengthens your baby's brain, early language skills and relationships. It's as easy as T-A-L-K!

5

Research shows that it is impossible to spoil your baby. Responding to their cues helps them feel safe and lets them know they can count on you to fill their needs.

6

Talk, Read, Sing & Play with your baby early and often. Try to engage your baby in conversation at least 15 minutes every hour they're awake.

7

Language nutrition is good in any language, but best in the language you know best. Babies are perfectly capable of learning more than one language at a time.

8

Your baby will not learn language from watching television or interacting with electronic devices. When it comes to learning to talk, there is no substitute for conversations they have with you.

9

Anything can be a conversation. Comment on something they're doing, seeing, or feeling, share your favorite stories, tell them what you're doing, or use a book to start a conversation.

10

Practice. Practice. Practice. It may feel weird at first. The more you practice, the more natural it will feel and the easier it will be to notice your baby's cues.

Created through partnership between the Rollins Center for Language & Literacy at the Atlanta Speech School and the Division of Women & Infant Health Services at Grady Healthcare, Atlanta, Georgia.



For more information, visit www.coxcampus.org or contact us at twmb@coxcampus.org