



TALK TO YOUR BABY

THEIR BRAIN DEPENDS ON IT

NYC Health

Bill de Blasio Mayor
Mary T. Bassett, MD, MPH Commissioner
in partnership with the NYC Children's Cabinet

Talking, Reading and Singing Build Your Baby's Brain

Talk, read and sing to your baby. Even if it seems like she doesn't understand, she is listening and learning. Speak in whatever language you feel comfortable.

Talk

- Look in your baby's eyes when talking. Your words and expression will get his attention.
- Repeat the sounds your baby makes, and respond with your own words.
- Talk about what you're seeing and doing: "Look at the red apple" or "Let's go for a walk."

- Start with simple books with large pictures and bright colors.
- Talk about the pictures. Point to things and name them.
- Any time can be story time: at bedtime, on the subway or on the bus.

Read

- Sing to your baby – either songs you know or ones you make up!
- Your baby will love to hear your voice no matter how well you sing.
- Trying to put your baby to sleep? Sing softly while holding him close.

Sing

Let's count 123...

Beep Beep goes the car

The sky is blue

FOR MORE TIPS

Search nyc.gov/talktoyourbaby or text TALK to 877877

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