

Talk. Read. Sing.®

It changes everything.

These are the three simplest things you can do to help promote your child's healthy brain growth. It's the brain-building exercise that children need to help them succeed in school and in life. It changes everything: vocabulary, learning, self-confidence, and futures.

That's why **First 5 California** and **Scholastic** have worked together to create these materials to help:



Recordings of bilingual songs you can sing together



Fun brain-strengthening activities



A free book to read aloud

» Go to [scholastic.com/First5CA](https://www.scholastic.com/First5CA) to download and use these free materials or scan this code for instant access on your smartphone or tablet.



REMEMBER:

TALK about the everyday things that you do, like folding laundry, cooking, and shopping, and tell your child stories about your family and the past.

READ a story over and over. The repetition helps build a child's brain. Visit your library for free books.

SING songs over and over and remember to dance and sing along with your child.



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