When children Talk, Read and Play, they build skills that prepare them for a lifetime of success.

Talk
- Talk to me and listen to me respond. I am learning to communicate more and more each day.
- Rhyme and sing silly songs with me; it helps me to build my memory.
- Look at and listen to me.
  *This helps me learn to pay attention.*
- Create routines for me.
  *It helps me know what to expect.*
- I love it when you share a cuddle with me.
  *It helps me feel secure and loved.*

Read
- Read with me in different voices, point to and name the pictures. Let me try to copy your sounds; it helps me learn to talk and read.
- Read the same stories to me; it helps me learn to remember.
- Play Peek-a-boo with me. I love it when you surprise me.
- Sing me the same rhymes and songs; it helps me remember.
- Play games with me; it helps me learn to stay focused.

Play
- Talk to me and listen to me respond. I am learning to communicate more and more each day.
- Rhyme and sing silly songs with me; it helps me to build my memory.

Self-regulation is a set of teachable skills for managing emotions, thoughts and behaviors.

This poster was developed in collaboration with:

Thomas M. Menino, Mayor of Boston

For more information in your neighborhood, contact:

www.talkreadplay.org