Positive early experiences help build young brains for future success.

- Talk
  - Ask me to repeat instructions. *It helps me pay attention.*
  - I love it when you let me mimic you. *It helps me learn to remember.*
  - I love it when you provide me with routines, and when we cuddle. *It helps me feel secure.*

- Read
  - Read with me; it helps me express feelings and learn self-control.
  - Count and point out shapes and colors, it helps me learn to focus and remember.

- Play
  - Play and sing together with me. It helps me learn how to control my behavior and concentrate.
  - Play *Monkey See Monkey Do.* This helps me to pay attention and learn to mimic.

I learn from you.

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

For more information in your neighborhood, contact: www.talkreadplay.org

This poster was developed in collaboration with:

- Children's Hospital Boston
- SAMHSA
- Countdown to Kindergarten
- Thomas M. Menino, Mayor of Boston