



A Life-Shaping Opportunity

Science shows that **80% of brain growth happens by the age of three!** Beginning from birth, young brains develop like little muscles. They get bigger and stronger the more you and your family interact with your child.

The Basics are five simple and powerful ways to help all our **children** aged **0-3** grow to be **happy** and **smart**.



Start practicing at tinyurl.com/TheBasicsAlamance

The Basics are for everyone: parents, grandparents, and other family and friends who care for our youngest children.

Do all of the Basics every day to help your child become the amazing person you know they can be!



**Maximize Love,
Manage Stress**



Talk, Sing, and Point



Count, Group, and Compare



**Explore Through
Movement and Play**



Read and Discuss Stories

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