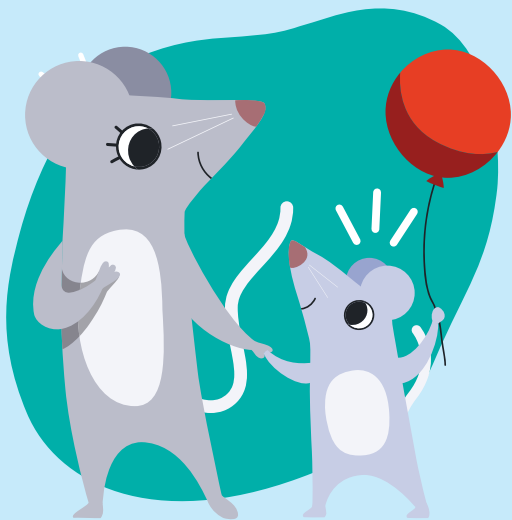


# GROWING HEALTHY BRAINS

EASY AS **123**



When you interact with kids ages 0-3,  
it helps build healthy brain connections.

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# Let's Talk & Connect

Early childhood matters. When you interact with kids, it helps build healthy brain connections.

Here are a few simple activities to incorporate into your everyday routine that will boost the development of children from birth to age three.

**1** Talk together

**2** Teach words

**3** Hold hands

As kids begin to walk and talk, it's important to interact. Introduce them to new words. Hold their hands along the way.

Be there for all their first steps with love.

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