



Learning starts at birth, and the first months are very important for brain growth.



Just like our bodies, our brains need exercise to grow and become strong.



Hearing spoken language from birth is necessary to strengthen a child's developing brain.

80%

A baby's brain is more than 80% developed by age three, so brain exercise during the early months and years is critical.

From the time your baby is born,
TALK, READ, AND SING
TO YOUR CHILD EVERY DAY.
It's the brain exercise they need
to help them succeed.

Go to First5California.com/parents for great ideas about talking, reading, and singing with your child every day.



www.First5California.com/parents