

TUNE  
IN

TALK  
MORE

TAKE  
TURNS

ANY TIME IS 3Ts TIME

Spring 2020  
Digital Resource Guide

# Welcome

We at the TMW Center are thrilled that you've decided to launch the *Any Time is 3Ts Time* campaign in your community. While these are uncertain times, one thing remains unchanged: the power of parent talk and interaction to build children's brains and shape their futures. Now more than ever, we want to share this information with parents and caregivers.

Given our campaign resources include a variety of print collateral and materials appropriate for in-person engagement, we've designed this guide to help you optimize the digital component of your *Any Time is 3Ts Time* outreach. You may not be able to serve your families in person right now, so we've created a variety of electronic resources, including sample social media posts, video examples of 3Ts strategies, PDF downloadables, and more, to encourage engagement across your community.

When the appropriate time comes and you're able to return to in-person activities with your families, you can find additional *Any Time is 3Ts Time* resources and information to continue your outreach at [partners.the3ts.org](https://partners.the3ts.org).

We are grateful to have trusted partners like you who, even in times of crisis, remain committed to supporting parents and ensuring that all children have the opportunity to thrive. We hope that this guide can serve as a tool to help you continue this mission, even if from a distance. Together, we will get through this.

- The TMW Center for Early Learning + Public Health

# Table of Contents

1. 3Ts Digital Tool and Email Introduction
2. Other Ways to Engage with *Any Time is 3Ts Time*
3. Sample Social Media Posts
  - *Any Time is 3Ts Time*
  - 3Ts Digital Tool
  - 3Ts Tips and Videos
4. PDF Downloadables
5. 3Ts Photo Activities
6. Additional Digital Resources for Families

# 3Ts Digital Tool

## What is the 3Ts Digital Tool? How can it support families?



The 3Ts Digital Tool, available for free at [the3Ts.org](https://the3Ts.org) on any phone or computer in English and Spanish\*, builds actionable skills that parents can use to promote brain development in children, birth to 3.

Parents are guided through video-based lessons that share the science of early brain development, teach 3Ts strategies, and show parents using the 3Ts in everyday settings. The accessible tips, developed by the TMW Center from their interventions shown to help parents enrich children’s early language environments, are a great pathway into deeper engagement with other early learning resources.

## How can the 3Ts Digital Tool support a partner organization’s work?

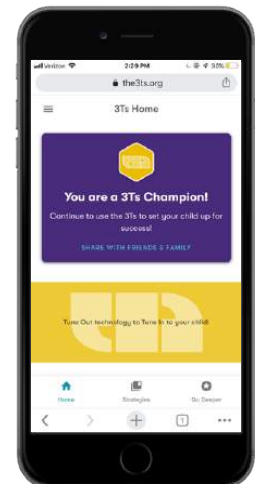
For partners, the 3Ts Digital Tool supports parents, enables insight into knowledge change, and promotes meaningful community-partner involvement.

After a partner registers on the Partner Portal, the name of the partner organization will appear for local parents to select as their affiliated organization when signing up for the 3Ts Digital Tool.

As parents use the 3Ts Digital Tool, their learning lays the groundwork for engagement with the partner’s complementary efforts.

After completing all strategy lessons, parents will see their “3Ts Champion” status in the 3Ts Digital Tool. They may show this to a staff member at the partner organization and receive a 3Ts collateral giveaway, and will now have a shared language for interactions across their 3Ts community.

Reports can be sent to partners who introduce parents to the 3Ts Digital Tool. Select partners may also be featured in 3Ts content for local parents.



\* In Spanish, the 3Ts become the 3Cs. Currently, parents can select either Spanish or English when signing for the 3Ts/3Cs Digital Tool at [the3Ts.org](https://the3Ts.org) or [las3Cs.org](https://las3Cs.org). More resources in Spanish will be available for order and download on the Partner Portal in summer 2020.

# 3Ts Digital Tool Email Introduction

**Copy and paste this sample email to easily share the 3Ts Digital Tool with the parents you serve:**

Dear [Your Audience],

We hope you and your family are doing well during these difficult times. We're reaching out to share a new resource that may be useful as you look for ways to support your child's early learning at home: the **3Ts Digital Tool**, available on any phone or computer at [the3Ts.org](http://the3Ts.org). This free online program develops skills you can use to build your child's brain as you go about your new and old daily routines.

What are the 3Ts?

Tune In - Be in the moment with your child.  
Talk More - Use a wide variety of words.  
Take Turns - Engage your child in conversation.

Playtime, mealtime, bath time, any time you use the 3Ts, every word you say builds your child's brain and shapes their future.

This resource shares easy-to-remember strategies and features videos of parents using the 3Ts in everyday situations. Even if you have just a few minutes, it can give you new and helpful tips and tools.

Now more than ever, your talk and interaction are key to supporting your child's healthy development. We encourage you to sign up for the **3Ts Digital Tool** at [the3Ts.org](http://the3Ts.org), and we'd love to hear about how you're using the 3Ts with your children!

We are thinking of you and your family. As always, the [Your Organization Name] community is here for you.

[Your Sign Off]

[Insert Organization Logo]

# Other Ways to Engage with *Any Time is 3Ts Time*

## Staff Training

Invite staff members to [complete the online training](#) to become **3Ts Ambassadors**.

Becoming a **3Ts Ambassador** means developing the expertise to meaningfully engage with parents around the science of foundational brain development and how they can **Tune In, Talk More, and Take Turns** with their young children to set them up for success.

This is a great way to prepare for in-person engagement later in the year!

## Social Media Promotion

What exciting things are happening at your organization? How are you making a difference in the lives of the families that you serve? We'd love to hear about it and promote the great work that your organization is doing on the TMW Center's social media channels.

If you'd like us to promote your organization, we invite you fill out [this form](#) and email it to [kforeman@bsd.uchicago.edu](mailto:kforeman@bsd.uchicago.edu).

# Sample Social Media Posts

**Any Time is 3Ts Time** - These posts introduce your families to *Any Time is 3Ts Time* and include examples of how parents can incorporate the 3Ts into their everyday routines.

	Facebook (or email)	Twitter (280 chars. or less)
<b>We're a 3Ts Partner!</b>	<p>[Organization Name] is partnering with the TMW Center for Early Learning + Public Health to launch the <i>Any Time is 3Ts Time</i> campaign!</p> <p>As part of this campaign, we will be sharing free digital resources for parents of children ages 0-3 to help them best support their children's early brain development.</p> <p>To learn more, sign up for more free tips and tools at <a href="http://the3Ts.org">the3Ts.org</a>.</p>	<p>[Organization Name] is partnering with the @TMWCenter to launch the <i>Any Time is 3Ts Time</i> campaign! As part of this campaign, we'll be sharing free digital resources for parents of children ages 0-3. To learn more, sign up for more tips and tools at <a href="http://the3Ts.org">the3Ts.org</a></p>
<b>3Ts Intro</b>	<p>Did you know...every word you say builds your child's brain!</p> <p>Research shows that children do better in school when their parents talk and interact with them from birth. That's why we're launching the <i>Any Time is 3Ts Time</i> campaign. Make the most of the time you're spending with your child by using the 3Ts.</p> <p>Tune In: Be in the moment. Talk More: Use a wide variety of words. Take Turns: Engage your child in conversation.</p> <p>To learn more about the 3Ts, sign up at <a href="http://the3Ts.org">the3Ts.org</a>. It's free!</p>	<p>Did you know...research shows that children do better in school when their parents talk and interact with them from birth. That's why we're launching the <i>Any Time is 3Ts Time</i> campaign at [Organization Name]! Learn more about the 3Ts and sign up for tips and tools at <a href="http://the3Ts.org">the3Ts.org</a></p>
<b>Bath Time</b>	<p>Build your child's brain at bath time! During your child's next bath, talk about the tiny bubbles, wet baby, floating duck, or slippery soap!</p> <p>Use the 3Ts: Tune In to what your child is focused on. Talk More about it, using a wide variety of words. Take Turns to keep the conversation going.</p> <p>#AnyTimels3TsTime <a href="https://tmw-center.wistia.com/medias/w608shz2as">https://tmw-center.wistia.com/medias/w608shz2as</a></p>	<p>Build your child's brain at bath time! During your child's next bath, talk about the tiny bubbles, wet baby, floating duck, or slippery soap! Remember to Tune In, Talk More, and Take Turns because #AnyTimels3TsTime! <a href="https://tmw-center.wistia.com/medias/w608shz2as">https://tmw-center.wistia.com/medias/w608shz2as</a></p>

<p><b>At Home</b></p>	<p>It's hard to be stuck inside, but this is a great opportunity to build your child's brain. Use the 3Ts with your child to have a big impact on small moments.</p> <p>Tune In to what your child is focused on. Talk More about it, using a wide variety of words. Take Turns to keep the conversation going.</p> <p>#AnyTimels3TsTime <a href="https://tmw-center.wistia.com/medias/dajtt3gqdy">https://tmw-center.wistia.com/medias/dajtt3gqdy</a></p>	<p>It's hard to be stuck inside, but this is a great opportunity to build your child's brain. Tune In, Talk More, and Take Turns with your child to have a conversation and have a big impact on small moments. #AnyTimels3TsTime <a href="https://tmw-center.wistia.com/medias/dajtt3gqdy">https://tmw-center.wistia.com/medias/dajtt3gqdy</a></p>
<p><b>Playtime</b></p>	<p>Build your child's brain at playtime! During playtime, talk about the tall tower, noisy truck, sleeping dolly, or silly song!</p> <p>Use the 3Ts: Tune in to what your child is focused on. Talk More about it, using a wide variety of words. Take Turns to keep the conversation going.</p> <p>#AnyTimels3TsTime <a href="https://tmw-center.wistia.com/medias/8loher13p1">https://tmw-center.wistia.com/medias/8loher13p1</a></p>	<p>Build your child's brain at playtime! During playtime, talk about the tall tower, noisy truck, sleeping dolly, or sign a silly song! Tune In, Talk More, and Take Turns to make playtime a brain-building experience. #AnyTimels3TsTime <a href="https://tmw-center.wistia.com/medias/8loher13p1">https://tmw-center.wistia.com/medias/8loher13p1</a></p>
<p><b>Snack Time</b></p>	<p>Snack time is 3Ts time! During your next snack time, talk about the crunchy apple, orange crackers, 2 cookies, or leafy broccoli!</p> <p>Use the 3Ts: Tune in to what your child is focused on. Talk More about it, using a wide variety of words. Take Turns to keep the conversation going.</p> <p>#AnyTimels3TsTime <a href="https://tmw-center.wistia.com/medias/1jx38yg86f">https://tmw-center.wistia.com/medias/1jx38yg86f</a></p>	<p>Snack time is 3Ts time! During your next snack time, talk about the crunchy apple, orange crackers, sweet cookies, or leafy broccoli! Tune In, Talk More, and Take Turns to build your child's brain at any time of the day. #AnyTimels3TsTime <a href="https://tmw-center.wistia.com/medias/1jx38yg86f">https://tmw-center.wistia.com/medias/1jx38yg86f</a></p>
<p><b>Diaper Change</b></p>	<p>Build your child's brain during a diaper change. Don't just do it, talk your child through it! The next time you change your child's diaper, use the 3Ts to narrate a play-by-play of what you're doing, as you do it.</p> <p>Use the 3Ts: Tune In to what your child is focused on. Talk More about it, using a wide variety of words. Take Turns to have a conversation with your child.</p> <p>#AnyTimels3TsTime <a href="https://tmw-center.wistia.com/medias/s0buqqxnq">https://tmw-center.wistia.com/medias/s0buqqxnq</a></p>	<p>Don't just do it, talk your child through it! The next time you change your child's diaper, use the 3Ts to narrate a play-by-play of what you're doing, as you do it, building your child's brain along the way. #AnyTimels3TsTime <a href="https://tmw-center.wistia.com/medias/s0buqqxnq">https://tmw-center.wistia.com/medias/s0buqqxnq</a></p>



**3Ts Digital Tool** - These sample social media posts can help you promote the 3Ts Digital Tool to your families in the current context of COVID-19.

Facebook (or email)	Twitter (280 chars. or less)
<p>Now more than ever your talk and interaction are your most powerful tools for building your child’s brain. You don’t need trips to the library, just conversation! Learn how to make the most of your time together by using the 3Ts at the3Ts.org. #TuneIn #TalkMore #TakeTurns</p>	<p>Now more than ever your talk and interaction are your most powerful tools for building your child’s brain. You don’t need trips to the library, just conversation! Learn how to make the most of your time together with the 3Ts at the3Ts.org #TuneIn #TalkMore #TakeTurns</p>
<p>During these uncertain times, one thing is clear: you have the power to build your child’s brain and set them up for success! How? Just by talking and interacting with them. Learn how to make the most of your time together by using the 3Ts at the3Ts.org. #TuneIn #TalkMore #TakeTurns</p>	<p>During these uncertain times, one thing is clear: you have the power to build your child’s brain and set them up for success! How? Just by talking and interacting with them. Learn more at the3Ts.org. #TuneIn #TalkMore #TakeTurns</p>
<p>You are your child’s first and most important teacher. You don’t need worksheets, flashcards, or special training. You lay the foundation for your child’s academic success just by talking and interacting with them. Learn how to make the most of your time together by using the 3Ts at the3Ts.org. #TuneIn #TalkMore #TakeTurns</p>	<p>You are your child’s first and most important teacher. You don’t need worksheets, flashcards, or special training. You lay the foundation for your child’s success just by talking and interacting with them. Learn how at the3Ts.org. #TuneIn #TalkMore #TakeTurns</p>
<p>With a little one around extra time is hard to find, but your day is full of opportunities to build your child’s brain while staying healthy at home! Just by talking and interacting with them, you prepare your child for success. It doesn’t take extra time or special activities, just conversation! Learn how to make the most of your time together by using the 3Ts at the3Ts.org. #TuneIn #TalkMore #TakeTurns</p>	<p>With a little one around extra time is hard to find, but your day is full of opportunities to build your child’s brain while at home! Just by talking and interacting with them, you prepare your child for success. Learn more at the3Ts.org. #TuneIn #TalkMore #TakeTurns</p>
<p>Feeling overwhelmed by the changes to your routines? Remember this: even when things are uncertain, you build your child’s brain and prepare them for success just by talking and interacting with them. Make the most of today at bedtime, bath time, mealtime or any time with the 3Ts. Learn more at the3Ts.org. #TuneIn #TalkMore #TakeTurns</p>	<p>Feeling overwhelmed by changes to your routines? Even when things are uncertain, you build your child’s brain just through talk and interaction. Make the most of bath time, mealtime, or any time with the 3Ts. Learn more at the3Ts.org. #TuneIn #TalkMore #TakeTurns</p>

**3Ts Tips** - These posts show parents easy-to-use ways to practice the 3Ts strategies from the Digital Tool with their children. Each post links to a video example of a parent using that strategy.

	Facebook (or email)	Twitter (280 chars. or less)
<b>The 3Ts</b>	<p>Use the 3Ts to have a big impact on small moments. This simple yet powerful approach makes the most of every interaction so you can build the strongest brain possible for your child. It doesn't take extra time, expensive materials, or special training. Just have a conversation! #TuneIn #TalkMore #TakeTurns</p> <p><a href="https://tmw-center.wistia.com/medias/2hhvtxmo9i">https://tmw-center.wistia.com/medias/2hhvtxmo9i</a></p>	<p>Use the 3Ts to have a big impact on small moments. This approach makes the most of every interaction to build the strongest brain possible for your child. It doesn't take extra time or special materials, just conversation! #TuneIn #TalkMore #TakeTurns</p> <p><a href="https://tmw-center.wistia.com/medias/2hhvtxmo9i">https://tmw-center.wistia.com/medias/2hhvtxmo9i</a></p>
<b>Narrate</b>	<p>3Ts Tip: Coming up with things to talk about with a very young child can be difficult. A great place to start is to use the 3Ts to Narrate your daily routines. Don't just do it, talk your child through it! Watch how this mom does it. #TuneIn #TalkMore #TakeTurns <a href="https://tmw-center.wistia.com/medias/2nqw6a1uhj">https://tmw-center.wistia.com/medias/2nqw6a1uhj</a></p>	<p>3Ts Tip: Coming up with things to talk about with a very young child can be difficult. A great place to start is to use the 3Ts to Narrate your daily routines. Don't just do it, talk your child through it! #TuneIn #TalkMore #TakeTurns <a href="https://tmw-center.wistia.com/medias/2nqw6a1uhj">https://tmw-center.wistia.com/medias/2nqw6a1uhj</a></p>
<b>Math Talk</b>	<p>3Ts Tip: You can build your child's math foundation from birth with Math Talk. Math Talk means incorporating math concepts like counting, shapes, sizes, and patterns into your everyday interactions. Let's watch how this mom uses Math Talk with her child. #TuneIn #TalkMore #TakeTurns</p> <p><a href="https://tmw-center.wistia.com/medias/tskouj9ypn">https://tmw-center.wistia.com/medias/tskouj9ypn</a></p>	<p>3Ts Tip: You can build your child's math foundation from birth with Math Talk. Math Talk means incorporating math concepts like counting, shapes, sizes, and patterns into your everyday interactions. #TuneIn #TalkMore #TakeTurns</p> <p><a href="https://tmw-center.wistia.com/medias/tskouj9ypn">https://tmw-center.wistia.com/medias/tskouj9ypn</a></p>
<b>Book Share</b>	<p>3Ts Tip: Is reading with your child a challenge? Try to Book Share instead! Open a book and have a conversation using the 3Ts. There's so much more to talk about than just the words on the page. Describe the pictures, talk about how the characters might be feeling, or predict what you think will happen next. Let's watch Dad Book Share with his son. #TuneIn #TalkMore #TakeTurns</p> <p><a href="https://tmw-center.wistia.com/medias/jo5rd83wtd">https://tmw-center.wistia.com/medias/jo5rd83wtd</a></p>	<p>3Ts Tip: Is reading with your child a challenge? Try to Book Share instead! Open a book and have a conversation using the 3Ts. Describe the pictures, talk about how the characters might be feeling, or predict what happens next. #TuneIn #TalkMore #TakeTurns</p> <p><a href="https://tmw-center.wistia.com/medias/jo5rd83wtd">https://tmw-center.wistia.com/medias/jo5rd83wtd</a></p>

<b>Explain</b>	<p>3Ts Tip: Your child wasn't born knowing how to behave. When you use the 3Ts to Explain what you want your child to do and why, you teach your child what good behavior looks like, and build their brain at the same time. Let's watch how Mom does it. #TuneIn #TalkMore #TakeTurns  <a href="https://tmw-center.wistia.com/medias/n0f2789gs0">https://tmw-center.wistia.com/medias/n0f2789gs0</a></p>	<p>3Ts Tip: Your child wasn't born knowing how to behave. When you use the 3Ts to Explain what you want your child to do and why, you teach your child what good behavior looks like, and build their brain at the same time. #TuneIn #TalkMore #TakeTurns  <a href="https://tmw-center.wistia.com/medias/n0f2789gs0">https://tmw-center.wistia.com/medias/n0f2789gs0</a></p>
<b>Catch Your Child Being Good</b>	<p>3Ts Tip: Catch Your Child Being Good! Use the 3Ts to praise your child's good behavior like playing nicely or turning the pages of the book gently. The more specific you are with your praise, the more likely your child will be to repeat that behavior in the future. Watch how this dad does it. #TuneIn #TalkMore #TakeTurns  <a href="https://tmw-center.wistia.com/medias/dzwgkc65lr">https://tmw-center.wistia.com/medias/dzwgkc65lr</a></p>	<p>3Ts Tip: Catch Your Child Being Good! Use the 3Ts to praise good behavior like playing nicely or turning the pages gently. The more specific you are with your praise, the more likely your child will be to repeat that behavior. #TuneIn #TalkMore #TakeTurns  <a href="https://tmw-center.wistia.com/medias/dzwgkc65lr">https://tmw-center.wistia.com/medias/dzwgkc65lr</a></p>
<b>Tech-nology</b>	<p>DYK: Video chats are a great way to use technology with your little one. They'll love seeing a familiar face, and the real-time conversation will build their brain. Let's watch how this dad, grandma, and grandpa make screen time interactive and entertaining. #TuneIn #TalkMore #TakeTurns  <a href="https://tmw-center.wistia.com/medias/pv3xe8jo9">https://tmw-center.wistia.com/medias/pv3xe8jo9</a></p>	<p>DYK: Video chats are a great way to use technology with your little one. They'll love seeing a familiar face, and the real-time conversation will build their brain. #TuneIn #TalkMore #TakeTurns.  <a href="https://tmw-center.wistia.com/medias/pv3xe8jo9">https://tmw-center.wistia.com/medias/pv3xe8jo9</a></p>

# PDF Downloadables

These brief yet informative PDF resources provide parents with easy-to-use ways to support their children's foundational brain development by using the 3Ts. They are divided into two categories: "3Ts by Age" and "3Ts Strategies."

Click on the links below to download the corresponding resources and share them with your families.

## 3Ts By Age



**Infants + the 3Ts**

**Every word you say builds your baby's brain!**

Research shows that children do better in school when their parents talk and interact with them from birth. Make the most of your time together by using the 3Ts.

- Tune In** Be in the moment. Look for clues about what your baby is communicating.
- Talk More** Use a wide variety of words.
- Take Turns** Engage your baby in conversation.

When you use all 3Ts at once, you build the strongest possible brain for your child.

For more tips and tools, visit [the3Ts.org](http://the3Ts.org)



**Start now. Here's how!**

**Tune In**

- Respond to your baby's cries and other cues by telling them what you think they're communicating.
- Notice what catches your baby's attention, and talk about it.
  - "It sounds like you're tired. You must be ready for a nap!"
  - "Are you looking at the cat? You're watching her eat her dinner. Just like we do!"

**Talk More**


- Talk, read, or sing with your baby - they love to hear your voice.
- During busy times, describe what your child reaches for using rich language such as color, texture, or Math: talk about numbers, shapes, and sizes.
- Narrate daily routines like diaper changes or mealtimes by talking your baby through what you're doing, as you do it.
  - "You grabbed your round yellow ball. You like how it squishy in your mouth don't you?"
  - "I know you don't like it when I change your diaper, but I'm almost done. I'm putting the cream on now. How does the new diaper. We'll fasten the right side, now the left. All done!"

**Take Turns**

- Respond to your child's sounds and gestures as though they are words in the conversation.
- Repeat the sounds your child makes to encourage them to respond.
  - "You're smiling! You like it when I move around you like that don't you?"
  - "No, you don't like that? I'm sorry, I'm almost done wiping your face."

For more tips and tools, visit [the3Ts.org](http://the3Ts.org)

## Infants + the 3Ts



**Toddlers + the 3Ts**

**Every word you say builds your toddler's brain!**

Research shows that children do better in school when their parents talk and interact with them from birth. Make the most of your time together by using the 3Ts.

- Tune In** Be in the moment. Respond to what you think your toddler is communicating.
- Talk More** Use a wide variety of words.
- Take Turns** Engage your child in conversation.

When you use all 3Ts at once, you build the strongest possible brain for your child.

For more tips and tools, visit [the3Ts.org](http://the3Ts.org)



**Start now. Here's how!**

**Tune In**

- Listen to your child - they may communicate through words, sounds, or gestures.
- Notice what catches your child's attention, and talk about it.
  - "Oh you want to wear the dinosaur shirt today? The dinosaur is big and strong just like you!"
  - "I hear you getting dizzy. Are you feeling hungry?"

**Talk More**

- Talk, read, or sing with your child - let your child take the lead! You don't need to flip through the pages in order or sing the words just right for your child to learn.
- During play time, describe the colors and textures of their toys, or Math: talk about the number, size, or shape of them.
- Narrate daily routines like getting dressed by talking your child through what you're doing, as you do it.
  - "You're putting your right arm in the sleeve, now your left arm. Good! Now it's time to zip you up!"
  - "What a tall tower you're building. I see one two, three blocks. Wow, it's three blocks tall!"

**Take Turns**

- Ask questions and wait for your child to respond, whether with words or otherwise.
- Respond to your child's words and gestures as though they are words in the conversation.
  - "It's a little cold today, what do you think we should do before we go outside?"
  - "You're reaching for the crackers, do you want more to eat?"

For more tips and tools, visit [the3Ts.org](http://the3Ts.org)

## Toddlers + the 3Ts



**2-3 Year Olds + the 3Ts**

**Every word you say builds your child's brain!**

Research shows that children do better in school when their parents talk and interact with them from birth. Make the most of your time together by using the 3Ts.

- Tune In** Be in the moment. Respond to what your child is communicating.
- Talk More** Use a wide variety of words.
- Take Turns** Engage your child in conversation.

When you use all 3Ts at once, you build the strongest possible brain for your child.

For more tips and tools, visit [the3Ts.org](http://the3Ts.org)



**Start now. Here's how!**

**Tune In**

- Listen to your child - they may communicate through words, sounds, or gestures.
- Notice what catches your child's attention, and talk about it.
  - "Look at that tower you're building! You're stacking the blocks so carefully!"
  - "You asked for water. Are you feeling thirsty?"

**Talk More**

- Talk, read, or sing with your child - let your child take the lead! You don't need to flip through the pages in order or sing the words just right for your child to learn.
- During play time, describe the colors and textures of their toys, or Math: talk about the number, size, or shape of them.
- Narrate daily routines like getting dressed by talking your child through what they're doing, as they do it.
  - "Your red truck is bigger than my yellow truck. I have the little truck!"
  - "Look at you picking out your clothes by yourself! You chose your shirt, and your pants. How don't forget socks!"

**Take Turns**

- Ask questions and wait for your child to respond, whether with words or otherwise.
- Pause after asking questions to give your child time to respond.
- Respond to your child to keep the conversation going.
  - "What do we do when we're done with our snack? You're right, we wash our hands!"
  - "Yes, we can go outside to play! Which toy do you want to bring?"

For more tips and tools, visit [the3Ts.org](http://the3Ts.org)

## 2-3 Year Olds + the 3Ts

# 3Ts Strategies

## Behavior Stoplight + the 3Ts

**Think of the behavior part of the brain as a stoplight.**

The green light tells us to 'go, go, go!' and act on wants and impulses.  
The red light tells us to 'stop and think' and control our behavior.


As adults, we use our red lights all the time to make good choices.

However, your child's stoplight is still developing. The behavior part of the brain isn't fully developed until the early 20s.

**Your child needs you to help them learn to control their behavior.**

How? *Explain to build your child's brain.*

Instead of telling your child "no," **Explain** what you want them to do and why.

## Behavior Stoplight + the 3Ts

**Use the 3Ts to Explain**

**Tune In** to your child's behavior.

**Talk More** about what you want your child to do and why.

**Take Turns** listening and responding, to make sure your child understands.

Be consistent when you **Explain** good behavior. It takes time for your child to learn self-control. It won't happen overnight, but with consistency and patience, you'll start to see results.

- "Please go down the slide first so we don't bump our heads and get hurt."
- "Use your quiet voice while your baby sister naps so you don't wake her up."
- "Hold the cup with two hands so you don't spill."

When you **Explain**, it's important to **Tune In** to your tone of voice. If your tone is angry or loud, your child will think that's an appropriate way to respond. If you stay calm, he'll learn how to control his emotions.




## Behavior Stoplight + the 3Ts

## Book Sharing + the 3Ts

Reading with a young child can be frustrating. But *sharing* a book can be much more fun, and just as good for your young child's brain!

**How do you Book Share?**  
Open a book and have a conversation!

**Use the 3Ts to Book Share**

**Tune In** to what catches your child's attention, and follow their lead. Let them hold the book, flip the pages, and even move on when they lose interest.

**Talk More** about whatever your child is focused on - this might be the words in the story, the pictures on the page, or how the book feels in their mouth.

**Take Turns** to engage your child in a rich, brain-building conversation.





## Book Sharing + the 3Ts

There's so much more to talk about than the words on the page!

- Describe the pictures
- Talk about what happened earlier in the story, or predict what might happen next.
- Discuss the characters' thoughts and feelings.

*"The characters went to the grocery store and now they're cooking dinner. I bet they're going to eat dinner soon."*

*"Look at the cute little baby polar bear. She's so much smaller than the big mama bear."*

*"Oh no she fell off her bike and scraped her knee. I think she's hurting. Ouch."*

Don't worry if your child loses interest quickly. This is normal for someone their age. Just put the book down and try again later.

**What's most important now is developing a love of books.**




## Book Sharing + the 3Ts

## Math Talk + the 3Ts




Early math skills lead to strong math and reading success. In fact, research has found that preschool math knowledge more strongly predicts future student achievement than early literacy skills do.

Incorporating math concepts into everyday conversations - what we call **Math Talk** - prepares your child for academic success.

**Math Talk isn't just about counting.**

**Math Talk about:**

- Shapes - square, circle, diamond
- Measurement - long, tall, tiny
- Positions and directions - over, behind, around
- Comparison - bigger, same, different

## Math Talk + the 3Ts

**Use the 3Ts to Math Talk**

**Tune In** to what catches your child's attention.

**Talk More** about it using Math Talk. Count it, describe its shape, size or position, or compare it to another nearby object.


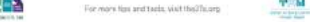
**Take Turns** to keep the conversation going and develop your child's math skills.

*"I love the picture you're drawing! You used so many different shapes. The head is like a circle, and the arms are rectangles! What about the tree? Is it a triangle?"*

*"Let's put your shoes on! Mommy's shoes are much bigger than your shoes. Your shoes are small."*

*"Thank you for bringing me your blanket. Let's put it on top of the couch so it doesn't get dirty under the table on the floor."*

**Laying the foundation for your child's academic success doesn't take flashcards or number drills, just your talk and interaction!**

## Math Talk + the 3Ts



# 3Ts Photo Activities

The 3Ts are designed to be used anytime, anywhere, and these photo activities provide parents with ideas for how to incorporate the 3Ts into their everyday routines.

Click on the links to download the corresponding resources and share them with your families.



## Use the 3Ts at Bathtime



## Use the 3Ts While Brushing Teeth



## Use the 3Ts During a Diaper Change



## Use the 3Ts at Mealtime

# Additional Digital Resources for Families

We've all been inundated with resources lately, but here are some of our favorite free resources for parents with young children. Feel free to share this entire list with your families or pick out a few to share. These include everything from guidance on how to talk to young children about the virus to free activities and games.

<https://www.pnc.com/en/about-pnc/corporate-responsibility/grow-up-great.html>

PNC's Grow Up Great shares resources featuring characters from Daniel Tiger's Neighborhood and Sesame Street to help families navigate these stressful and challenging times.

<https://www.healthychildren.org>

The AAP's parent-facing website is full up-to-date information and resources.

<https://www.zerotothree.org/resources/3210-tips-for-families-coronavirus>

Compilation of articles that include advice on talking to children about the virus, how to care for yourselves and your families during this time, and some activity ideas.

<https://www.promisestudio.org/>

A single destination for parents, caregivers, educators, and program leaders to find helpful resources for parents and young children during this time.

<https://wideopenschool.org/programs/family/prek-5/access-for-all/>

Compilation of resources that address a variety of needs families may be facing including access to food resources, low-cost technology, and internet services.

<https://parents-together.org/>

ParentsTogether offers the latest parenting advice and resources as well as an online community, Coronavirus Parents: Parenting in a Pandemic group, for folks wanting to connect with other families who are trying to make it through this time.

<https://brightbytext.org/>

Bright by Text sends free games, tips, and resources right to your cell phone tailored to your child's age.

<https://www.storylineonline.net/>

Storyline hosts free virtual readings of children's books. Each video animates the pictures in the books and includes an activity guide.

<https://www.sesamestreet.org/caring>

Sesame Street's *Caring for Each Other* initiative offers resources for parents, free e-books, videos, activity ideas, and more for families.

<https://talkingisteaching.org/assets/illustrations/indoor-toolkit-v6.pdf>

Indoor activity tool-kit that focuses on activities that don't require any special materials.

<https://www.kennedy-center.org/education/mo-willems/>

Join author and artist Mo Willems in his virtual studio for doodling, drawing and writing fun.

<https://stories.audible.com/start-listen>

Audible makes hundreds of children's books available to stream for free.

<http://www.pbs.org/about/blogs/news/mondays-with-michelle-obama-story-times-with-penguin-random-house-and-pbs-kids-streaming-on-youtube-and-facebook-start-monday-april-20-12-noon-et/>

Join Michelle Obama every Monday at noon on PBS KIDS' Facebook or YouTube page as she reads aloud from classic children's books.