



Boston Basics

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**.

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

Babies thrive when the world feels loving, safe, and predictable. Caregiving that is affectionate and responsive develops a sense of security and self-control.



Talk, Sing, and Point

Babies learn language from the moment they are born. They learn through loving interactions with their caregivers, not TV or phones. Eye contact, pointing, and real words teach the most about communication.



Count, Group, and Compare

Children are born wired to learn numbers, patterns, sizes, shapes, and comparisons. What they learn about math in the first few years makes a difference when they get to school.



Explore Through Movement and Play

Children are born curious about the world. They are like scientists. Pay attention to your infant or toddler's interests. Help them learn through play and exploration.



Read and Discuss Stories

The more we read with young children, the more prepared they become to enjoy reading and do well in school. Even infants enjoy the shapes and colors in books. Let them hold the book, turn the pages. Point to the pictures and talk about what you see.