

BASICS BINGO

****To get BINGO, you need to do 5 Basics activities in a row (vertically, horizontally or diagonally).**

If you get BINGO in the month of April you are eligible for a bundle of books!

Go to this link to claim your prize: www.winstonprouty.org/basicsbingo

Please note that the middle square is a QR code to sign up for Basics Insights, an app that sends you two texts a week to help you use the Basics. You can also sign up at bit.ly/basicsvt--IT'S FREE!

<u>Maximize Love Manage Stress</u>	<u>Talk, Sing, Point</u>	<u>Count, Group and Compare</u>	<u>Explore Through Movement & Play</u>	<u>Read and Discuss Stories</u>
				
Hug your child and take a moment to cuddle and snuggle! Make this a part of your daily routine!	Take a pen and make finger people on your fingers-make up stories and songs!	Count how many Piggies on their hands and feet! Play this little piggy.	Get down on your child's level and roll around and play with them.	Add a new book to your home library.
Start each morning with a moment to give gratitude! Think of 5 things you're grateful for! Take this time to journal and set your intentions for the day!	Take a walk or ride and point to everything! Talk about things you see!	Compare toys or household things like kitchen utensils! Let them bang different sized pots or pans with the different utensils.	Sing, <i>Head, Shoulders, Knees and Toes</i> , and move their hands gently with the song.	Point to the words as you read them. You can then have them point to the words as you read them.
Talk about feelings! Whether it's showing faces or reading a book! Talking about feelings as they arise!	Learn a NEW song to sing! Maybe ask family and friends for their favorite childhood songs!		Make up your own song and dance/activity to go with it.	Find things to talk about on each page - point out colors, shapes, etc.
Create 15 minute Self Care Routines to slip into your day. Taking care of YOU teaches kids to take care of themselves, it also allows for them to copy GOOD habits!	Engage in back and forth conversation, even with an infant who doesn't know words yet. This is a big brain development boost!	Count out cereal! Use cheerios or goldfish to bring counting fun to snack time.	Have a Dance Party! Put on music and dance around with your child.	Try using different voices and expressions while reading!
Routine! Take a look at your routine, can it be improved? Kids thrive with routine, maybe make a routine board!	Expand on what your child says. If they say dog, you could say "Yes, that's a dog. His fur is soft and brown."	Stack blocks, count 1-2-3 see how high before they fall. Make groups stacked by different numbers.	Belly Breathing!! Kids learn by watching- practice Belly Breathing in front and with them.	Let your child pick the book to read and let them turn the pages.

