

# Build your child's brain at mealtime with the 3Ts!

There are so many ways to use the 3Ts with your little one at mealtime. Talk about what you're doing, as you're doing it. Describe the taste of the food or compare the size of the cups. Ask your child about their day.

When you use the 3Ts, small moments like these have a big impact!

**Tune In** Be in the moment.

**Talk More** Use a variety of words.

**Take Turns** Engage your child in conversation.

## Every word you say

