

# BASICS INSIGHTS

## THE BASICS

are five fun, simple, and powerful ways that every family can give every child a great start in life



Maximize Love,  
Manage Stress



Talk, Sing,  
and Point



Count, Group,  
and Compare



Explore Through  
Movement and Play



Read and  
Discuss Stories

## TIPS to HELP PREPARE YOUR CHILD for SCHOOL and LIFE

RECEIVE **FREE** TWICE WEEKLY  
TEXT MESSAGES RIGHT  
TO YOUR PHONE!



Science-based facts and suggested activities to boost your child's brain development and learning.

FOR CHILDREN AGES 0-3



To sign up, visit:

[bit.ly/33NXTpv](http://bit.ly/33NXTpv)

By providing your cell phone number you agree to enroll in the program and receive Basics Insights text messages from (423) 228-2999.

While there is no cost for enrolling, standard data and messaging rates may apply. You can cancel at any time by texting STOP to (423) 228-2999. For help, email us at [info@thebasics.org](mailto:info@thebasics.org).



Scan me!



[TheBasics.org](http://TheBasics.org)



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