

# 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:

<https://bit.ly/3tO9ujE>

By providing your cell phone number you agree to enroll in the program and receive Basics Insights text messages from (617) 798-9925. While there is no cost for enrolling, standard data and messaging rates may apply. You can cancel at any time by texting STOP to (617) 798-9925. For help, email us at [info@thebasics.org](mailto:info@thebasics.org).



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 Southcoast® Health

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