

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/3vA9RPQ>

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.



**The
Basics**

TheBasics.org



**SMART
BEGINNINGS**[®]
Ready for School.
Ready for Life.
Greater Richmond