



# listen talk & play with your child

## Be a brain builder – one connection at a time.

Science tells us that when you **listen, talk and play** with your child, you are actually helping to develop and strengthen their brain. Support your child's future by following these simple steps in your daily interactions.

### DO YOU HAVE QUESTIONS ABOUT PARENTING?

Call the Alaska Parent Line where someone is available to brainstorm with you 9 a.m. to 9p.m., seven days a week.

- **It's never too late to ask for help.**

As parents, we can all relate to times of frustration and difficulty when raising a child. If you are feeling stressed out and want to talk to someone, contact the

Alaska Parent Line **1-800-643-KIDS**

Professionals are available to answer general parenting questions and provide information on parenting classes or local resources in your area.

## 1 listen

Children want to share new experiences with the people they care about most. Encourage your child to speak openly while supporting them by being an active listener.

## 2 talk

As a parent, it is important to talk to your child in order to keep the lines of communication open. By establishing a good relationship with your child, they will be more likely to involve you in daily conversations.

## 3 play

Engage your child in playful interactions. Whether you sit and read, play with your child, or go for a walk together, these events will help bring you closer.



For tips on parenting or for a parenting class referral, give us a call.  
The Alaska Parent Line: 1-800-643-KIDS

ALASKA CHILDREN'S TRUST



Kids. You gotta love 'em!