

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



SOUTHCOAST COALITION
for
early childhood
education

An initiative of NorthStar Learning Centers

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.




**The
Basics**
SOUTHCOAST
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 **Southcoast[®] Health**

So much More than medicine.