

YOU ALREADY KNOW THE WORDS. THAT'S THE POINT.

Nursery rhymes are one of the most powerful things you can do for your child's brain. You can do it right now, in the grocery store, at bedtime, anywhere.

WHAT HAPPENS WHEN YOU SING TO YOUR CHILD?

🧠 Their brain develops faster. Kids who know 8 nursery rhymes by age 4 are usually among the best readers in their class by age 8. Eight songs. That's it.

📖 They learn to read more easily. Rhymes teach children how sounds fit together to make words. This is the single most important skill for learning to read.

💬 They start talking sooner. Hearing new words in songs helps children build vocabulary and may encourage them to start speaking earlier.

😴 They sleep better. Lullabies are scientifically shown to calm babies and support healthy sleep. A consistent bedtime rhyme becomes a signal that rest is safe and coming.

🤝 You bond more deeply. The physical touch, eye contact, and repetition in nursery rhymes build the secure attachment your child carries into every relationship they'll have.

TRY THIS TODAY

Sing any nursery rhyme you know. When you get close to the end of a line, pause and wait. Let your child fill in the word or make a gesture. That moment of waiting is doing more for their brain than you think. Don't worry about being in tune. The research doesn't care if you can sing.

THE GOAL: 8 RHYMES BY AGE 4

Twinkle Twinkle. Itsy Bitsy Spider. Wheels on the Bus.
You're already closer than you think.



UNITED WAY
Rock River Valley

