



# If **YOUR** toto could write you a letter, here is what it **MIGHT** say.\*



Dear Mum and Dad,

When I am happy, quiet, sad, energetic, disobedient, respectful, or stubborn, you can do all these things with me...

- Sing to me! "La...la...la...ba...ba...fa...la...la...Row, row, row your boat!"
- Teach me! "A says ahh...B says baa...The ground is down and the sky is up!"
- Talk to me! "That is a tree. The tree is big. Its leaves are green. Its bark is rough. It grows towards the sun. I like how it gives me shade." By the way, you can talk to babies before they are even born!
- Rhyme to me! "1, 2, buckle my shoe. 3, 4, shut the door. 5, 6 pick up sticks. 7, 8, lay them straight. 9, 10, begin again."
- Look at me! So I know I am important.
- Smile at me! Show me that you are happy to be with me and care for me.
- Hug me! So I feel safe, connected, loved, and happy
- Read to me! So I engage my brain instead of watching videos or playing on your phone
- Speak 3,000,000 words to me! Yes, three million!
- Or sing 3,000,000 words to me! Yes, that is a lot of singing!
- Or rhyme 3,000,000 words to me! Yes, that is a lot of words and poetry!
- Love me:
  - ♥ By making me feel safe ALL the time.
  - ♥ By listening to me even if I am saying nonsense.
  - ♥ By feeding me g-nuts, beans, fresh fruits and vegetables.
  - ♥ By protecting me from bad music.
  - ♥ By keeping me away from angry people.
  - ♥ By holding my hand and walking at my pace. I have short legs!
  - ♥ By kneeling down and looking me in the eyes when you talk to me.
  - ♥ By allowing me to sleep at least 10 hours every night.
  - ♥ By giving me responsibilities within our home so I feel important and part of the family.
  - ♥ By telling me stories from your childhood or silly stories that you imagine.
  - ♥ By looking at picture books with me even if we read the same book over and over again.



Doing all these things makes me feel respected, safe, loved, and happy. Happy people are grateful, have friends, love others, help their community, and get hired for jobs. When I am happy and protected, my brain can develop so that I can be successful when I grow up.

With love from,  
Your Toto

