



Movement and play are good for children’s bodies, coordination, strength, and overall health.



**Maximize Love,
Manage Stress**



**Talk, Sing,
and Point**



**Count, Group,
and Compare**



**Explore Through
Movement & Play**



**Read and
Discuss Stories**

Watch the videos and get more information at NewburghBasics.org



THE NEWBURGH BASICS ARE FIVE FUN, SIMPLE, AND POWERFUL WAYS THAT EVERY FAMILY CAN GIVE EVERY CHILD A GREAT START IN LIFE.