

Do the 5“R”s

- * **READ** together every day
- * **RHYME**, play every day
- * Develop **ROUTINES** for meals, sleep, and family fun
- * **REWARD** your child with praise for successes
- * Develop a strong **RELATIONSHIP** with your child as the foundation for their healthy development



“Studies show that the first 1,000 days of a child’s life are the most important time for brain development and forming nurturing relationships.”

***Read
with them
early and
often!***

