

WHAT
DOES YOUR
CHILD THINK
OF YOU?

YOU ARE A SUPERHERO!



IT'S NOT
ALWAYS EASY TO RAISE
A CHILD -
HERE ARE A FEW
IDEAS TO
HELP

YOU ARE
YOUR CHILD'S FIRST
TEACHER.

BE A ROLE MODEL
FOR YOUR CHILD
BY DOING
HEALTHY HABITS
TOGETHER.

READ, SING AND PLAY
WITH YOUR CHILD
BEGINNING AT
BIRTH.

ASK YOUR CHILD
OPEN-ENDED
QUESTIONS AND
ASK THEM WHAT
THEY THINK.

PROVIDE
ROUTINES TO
HELP REDUCE
STRESS.

HELP YOUR
CHILD TALK
ABOUT
THEIR FEELINGS AND
EMOTIONS.