

The First Years Last Forever



**How you can make a
difference in the life of your child**

New brain research shows that healthy parent-child relationships have a vital influence on the brain development of infants and young children.

Here are ten guidelines to help promote your child's healthy development:

- ❖ Be warm, loving and responsive
- ❖ Respond to your child's cues and clues
 - ❖ Talk, read, and sing to your child
 - ❖ Establish routines and rituals
- ❖ Encourage safe exploration and play
 - ❖ Make TV watching selective
- ❖ Use discipline as an opportunity to teach
 - ❖ Recognize that each child is unique
- ❖ Choose quality child care and stay involved
 - ❖ Take care of yourself

