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!

www.zerotothree.org/child-development