

Cultivate Your Child's Intelligence

Be sure your home is a place that stimulates the senses – touch, sight, smell, hearing, and taste.

Find toys or play materials with bright colors, unique textures, interesting sounds and smells.

Teach your child colors, numbers, and letters.

Make sure play materials and toys are age appropriate.

Encourage exploration while monitoring safety.

Talk to your child often and in complete sentences.



Nurture Your Child's Emotional Growth

Tell your children you love them. Offer lots of hugs and kisses.

Make a list of wonderful things about your children.

Avoid exposing your children to stressful or violent situations.

Provide structure for your children's day. Set times for meals, naps, bedtime.

Make sure your children feel safe. Comfort them when they're scared. Show them you have taken steps to protect them.

Take care of yourself so that you can be available for your children.

Join a parent support group to share your joys and challenges.



Foster Your Child's Physical Development

Offer an abundance of love and care. Cuddle, hug, and kiss your child daily.

Make sure your child has plenty of opportunities to run, skip, and jump.

Monitor your child's diet so that it is balanced and full of nutrients.

Play a sport with your child. Organize neighborhood games.

Cook meals with your child and talk about nutrition.

Teach your child healthy hygiene habits.

Monitor television watching. Provide alternate activities.

