

10 Ways Families Make a Difference for Young Children



I make a difference for young children in my family by...

1. Ensuring they receive well-child checkups, dental, vision and hearing screenings and immunizations in a timely manner.
2. Providing them with nutritious meals and snacks and daily opportunities for physical activity and outdoor play.
3. Ensuring that they are always in emotionally and physically safe, violence free environments.
4. Promoting language and literacy by reading stories daily, going to the library regularly, using lots of words and asking them questions that begin with who, what, where, why or how?
5. Learning about and choosing a high quality early care and education program, if needed, and becoming an involved family by visiting, volunteering and participating in special events.
6. Learning about early brain development and the stages of growth and development.
7. Being actively engaged with my children, creating teachable moments in routine activities, turning off my phone and computer and enjoying time being together.
8. Modeling positive, appropriate behavior and recognizing them as they learn how to share, use inside voices, ask for help, are polite, etc.
9. Becoming an active advocate for community, state and federal resources that help young children and their families at this critical time in a child's life.
10. Snuggling with them and telling them how much they are loved.