



## TEN THINGS YOU CAN DO TO PROMOTE HEALTHY DEVELOPMENT AND SCHOOL READINESS

- ✓ Be warm, loving and responsive.
- ✓ Respond to the 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.