



New Year's Resolution

For Raising A Healthy, Happy Child

Start the New Year on the right path by helping your young child learn and grow. Refer to the checklist below for things you and your child can do together to build thinking and social skills. Add your family's ideas to the list!

- Spend time cuddling and playing together
- Read, rhyme and sing with your child
- Teach ways to share with others
- Talk to your toddler, ask questions and encourage responses
- _____
- _____
- _____



For more information on early childhood development, call First 5 Santa Cruz County at (831) 465-2217 or visit www.first5scc.org and www.first5california.com/parents