



TEN PILLARS OF PARENTING – RAISING CHILDREN WHO ARE READY FOR SCHOOL

You can't spoil me. When I cry, pick me up gently and talk to me in a calm voice

Speak to me in a calm, reassuring voice

When you respond to my cries I know you understand my signals

When you respond to my cries, I know I can count on you to take care of me

Routines make me feel secure.

Predictable steps I can rely on. For example my bedtime routine might include:

Give me a bath.

Read a book to me.

Talk to and snuggle with me and my stuffed animals.

Hug me and say, "I love you".

Make me feel safe and loved.

Buckle me up in my car seat and stroller

Check my toys for lead

Take me to my well baby check ups

Take care of my gums and teeth

Put me to sleep on my back

Don't leave me alone

If you are concerned about my development, remember you know me best, trust your instincts and talk to a health professional about your concerns

Ready for School ► Ready for Life.



Feed me healthy food and I'll grow up to be healthy and strong

Give me breast milk as long as you can

Give me fruits and vegetables every day after I'm six months old

Give me water or milk instead of sugary drinks like juice, soda and kool-aid

Read to me. Sing to me. Get me ready for school

I learn about rhythms, words and language when we sing

Take me to the library so I can play with and look at books with you

Read to me often so my vocabulary grows

Play with me, I learn when I play

Make silly faces, and tickle me gently.

Take me places to explore

When I am old enough, give me time to play by myself.

Watching TV is not play and doesn't help me learn or grow

Use everyday moments to teach me

Describe what is around us, and what we see. Point out letters and colors.

Talk to me while you're driving, changing my diaper, making dinner. Talk to me all day long!

Let me help with daily activities so I learn to count, sort and stack and other things that will help me be ready for school.

I need to hear your loving voice: it helps my brain cells grow!

Ready for School ► Ready for Life.



Choose quality childcare that helps me grow

Will this place help me to grow and learn?

Will I be safe and healthy here?

Will I be taken care of by adults who are warm and welcoming?

Will they pay attention to me and talk to me and help me when I need it?

Will I be supervised even when I'm sleeping?

Will the program welcome you any time and work with you?

CHOOSE PATHS TO QUALITY CHILDCARE

When you look me in the eyes I feel connected to you

How I feel and act depends on you

Get down on my level to play and talk with me

A healthy bond with you will make me more confident

Parenting can be a difficult job, so take care of yourself. I need you

Take some time for yourself

Take a nap when I take a nap

When you feel good you're more patient with me

Asking for help is sign of strength

You are my model for a healthy lifestyle

Need More Information?

Contact: lois@monroesmartstart.org

Website: www.monroesmartstart.org

Phone: (812) 345-6843

Ready for School ► Ready for Life.