

Happy children learn better!

Every child is born learning.
Here are five ways you can help them learn better.

Understand and respond to your child's needs.

Watch your child. When she cries, go to her. Try things like feeding, holding and hugging or singing. This teaches her that you care about her and that she can trust you.



Take care of yourself so you can take care of your child.

Being a parent can be very tiring. Do not be afraid to ask for help. You can get support from friends, family or community groups.



Talk, sing and read to your child.

Let your child hear your voice as much as possible. Share books every day. Point out words and letters. Words and sounds are the basis of language and learning.



Create regular routines for your child.

Sing and play during bath time. Tell stories before bed. Talk with your child during meal times. Routines give your child a sense that the world is safe and that he can depend on you.



Make a warm and loving home.

Spend time with your child. Hold and hug her. Listen to her. When you make a child feel safe and secure, you help her grow and develop. A child who feels loved has an easier time learning.



United Way & Community Foundation



of Kankakee County

www.parentspage.org 815-939-1611

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*Born Learning*SM is a public engagement campaign helping parents, caregivers and communities create early learning opportunities for young children. Designed to support you in your critical role as a child's first teacher, *Born Learning* educational materials are made available through the efforts of United Way, United Way Success By 6 and Civitas. For more information, visit us online at www.bornlearning.org.

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