

Do the 5 "R"s!

READ together
every day

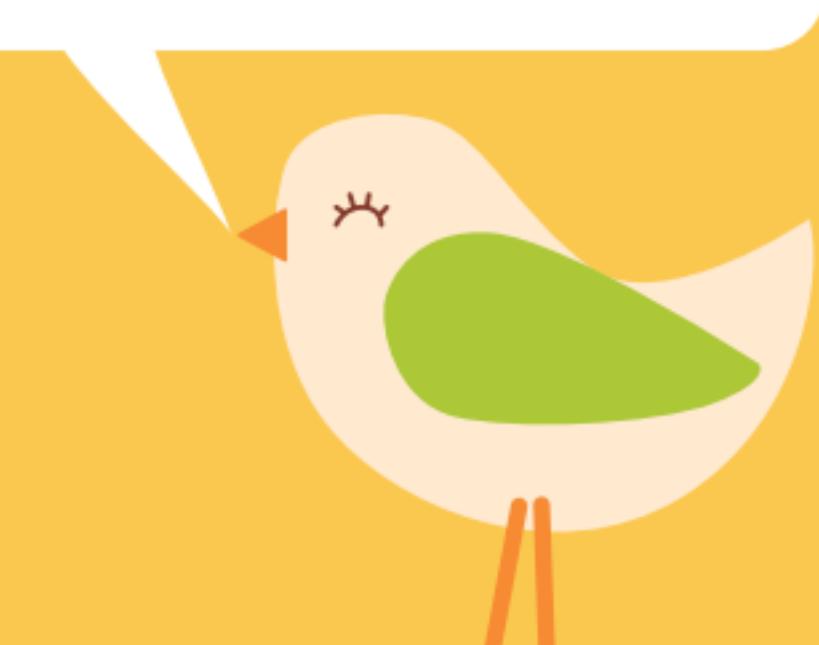
RHYME & play
every day

Develop **ROUTINES** for
meals, sleep and family
fun

REWARD your child
with praise for success

Develop a strong
RELATIONSHIP with
your child

"Studies show that the first 1,000 days of a child's life are the most important time for brain development and forming nurturing relationships."



IDAHO CHAPTER
American Academy of Pediatrics