



S E L F

SUPPORT FOR EARLY LEARNING & FAMILIES

13504 NE 84th St. Suite 103-137
Vancouver, WA 98682

360.213.3486 | selfwa.org

CHANGING THE WORLD WITH *10 simple actions*

- 1** **Physical Touch** – Rock, hold and hug your child.
- 2** **Stable Relationships** – Be loving, nurturing and calm. Allow your child to explore.
- 3** **Read, Read, Read** – Every day, hold your child on your lap, point to pictures, ask questions, repeat the same books over and over. Write down a story your child tells and show it to her or him.
- 4** **Quality Child Care** – Watch for safe, supportive environments, nutritious meals, the number of children in care to the number of childcare providers and the way the caregivers respect the children.
- 5** **A Safe And Healthy Home** – Child proof your home, and visit the pediatrician and dentist.
- 6** **Encourage Interaction** – Respond quickly to a child's needs, involve yourself in her or his play and talk to him or her.
- 7** **Strong Self-Esteem** – Encourage, praise and respect your child.
- 8** **Communicate** – Talk, sing, play and read with your child.
- 9** **Promote Play** – Be your child's playmate, use everyday household items in creative ways and get to know your child through play.
- 10** **Make Music** – Sing, rock, and dance together using household items, and play music in your home.