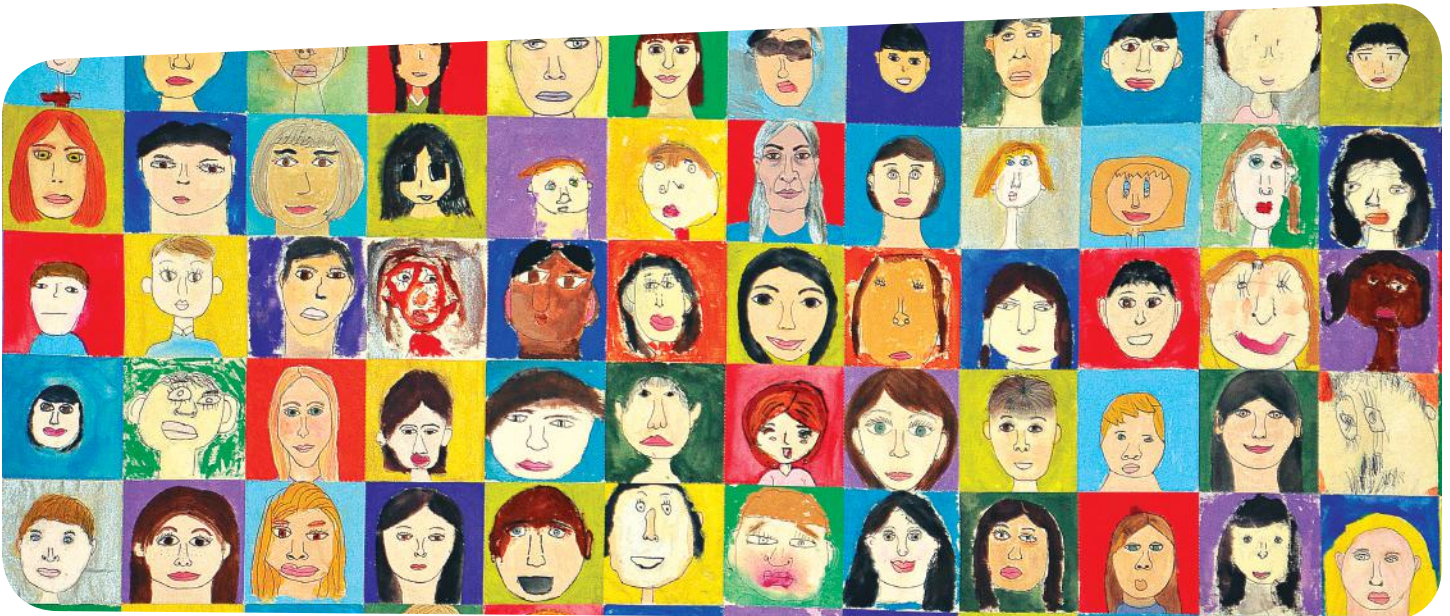




All Children Deserve Help To Grow Up Well

Every child needs someone to listen, love, play and care for them so they can grow up to be the best they can be.



Children have a right to their feelings. You can:

- Be there for them when life feels hard
- Accept children for who they are
- Help them accept and make friends with people who are different
- Allow kids to try things for themselves (that's how they learn!)
- Show children they are loved with hugs and kisses even when they make mistakes
- Understand that children's feelings are real and matter
- Ask children what they think when your choices will affect them

Children have a right to learn. You can:

- Help kids to think for themselves with games, role playing, and sharing your own experiences with them
- Read together every day, even after children can read on their own
- Volunteer to read a story, lead a craft or share something you know at their school or daycare
- Teach each other new things – you can learn from them just as much as they can learn from you!
- Help kids discover more about things that interest them: take them to the library or to a museum, help them search for information on the Internet, or introduce them to friends who share their interests



Children have a right to friendship. You can:

- Allow time for free play every day
- Let them know you are there if they need help to understand their feelings
- Let kids work out their own problems
- Encourage your children to introduce themselves to other children
- Show children how to treat others through the way you treat them



Children have the right to listen to their bodies. You can:

- Provide at least two hours of active play every day
- Help kids find times and places to run, jump, and go crazy!
- Help children learn when they need rest or quiet time
- Spend time in nature together at parks, beaches and backyards
- Offer a choice of fresh fruit and vegetables at each snack and meal
- Take children to the doctor and dentist for regular checkups

REMEMBER: Lead by example!