Help your child to be the best they can be in body and mind

Practical Tips

To do with your child as often as you can

* **Smile** often at your child – your child will smile back and be happy.

* **Touch or hug** or rock or stroke your child to comfort him – touch helps a child to feel safe and loved.

* **Listen** to what your child is saying or trying to tell you – and respond.

* Let the child **play and explore** safely – helping the child to grow and learn.

* **Sing** songs with your child.

* **Tell your child stories** and look at pictures together – **talk** about them.

* **Use little rituals to help children learn a routine** – like a special bed time song. Sharing happy meal times and helping children go to bed happily, will help them to eat well and sleep well.

* **Help your child feel happy and safe** – protect a child from screaming and fighting at home – turn off noisy and violent TV or radio programmes.

* Get your child to **help you around the house** - this will help them to grow into a caring and helpful adult.

* **Praise and encouragement** are like sunshine to a flower – they help a child to blossom.