



CARE FOR KIDS

• Have a **PLAN**. A crying baby can be frustrating. Learn ways to calm your baby. Have friends that can care for your baby when you need a break. • **EDUCATE** yourself and others about parenting. Check out books and videos from the library or attend parenting classes. • Be a **NURTURING** adult in a child's life. Children need to know they are special, loved and capable of following their dreams. • Keep kids **SAFE**. Use car seats and smoke detectors. Place babies on their backs to sleep in their own crib. Make sure caregivers are kind and loving to your child at all times. • **CONNECT** with families. Pass down children's clothing. Carpool. Help care for others' children. • **MONITOR** children. Don't forget older children need parents too. Know your children's friends, grades, television shows and music. Supervise all activity on computers and devices • **Get INVOLVED**. Ask members of your community to develop services to meet the needs of children and families. • **VOLUNTEER**. Help local programs serve families by donating your time, talent or money.



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