



BETTER
KID CARE
PROGRAM



Family Time Work Time

A B A L A N C I N G A C T

Building Strong Families

Basic Training

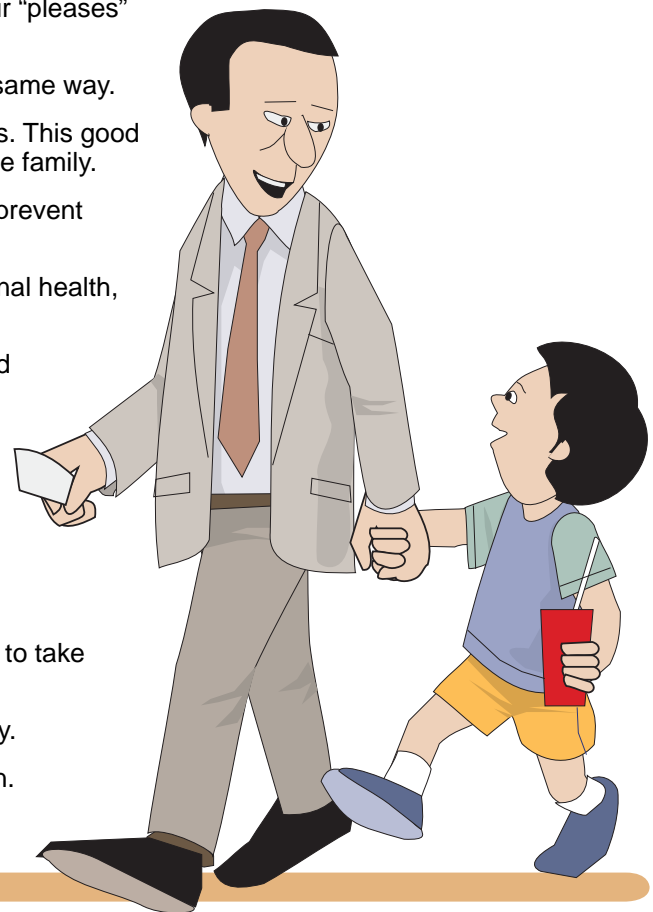
Parents need to teach their kids about certain things in life. Call it basic training. Be aware that children learn faster and easier when we show them how to do something. Show your child how to do something instead of just telling him what to do.

It's good to remember that your child will copy what you do, even when you are not consciously trying to teach something. Children imitate adults, so parents need to think about setting a good example all the time!

Some Things Parents Teach Children

- Your child will learn from you how to act with other people. Treat others with respect.
- Good manners. Your child will copy what you do, so remember your “pleases” and “thank-yous.”
- Watch how you talk about others. Your child will listen and act the same way.
- Wash hands before and after meals and after bathroom procedures. This good health habit can help prevent colds and other illnesses for the whole family.
- Brush teeth after meals. These routines should be started early to prevent dental problems later in life.
- Bathe regularly and wear clean clothes. This is important for personal health, hygiene, and feelings. It can influence what others think about you.
- Wear a seat belt when riding in the car or any vehicle. Show a good example and “buckle up” yourself. Be sure your child is in a safe car seat appropriate for his age and buckled. Older children are also required by law to use a seat belt.
- When riding bikes, be sure to form the helmet habit early. Everyone, no matter how old, should wear a properly fitted helmet.
- Teach your child how to cross streets and how to play safely around your home, yard, and neighborhood.
- Older children should be taught how to use the telephone and how to take messages politely.
- Children should be taught the best way to get help in an emergency.

These are just a few of the many things parents teach their children. Parenting is a big job and your children depend on you to teach them the right things.



Time Well Spent

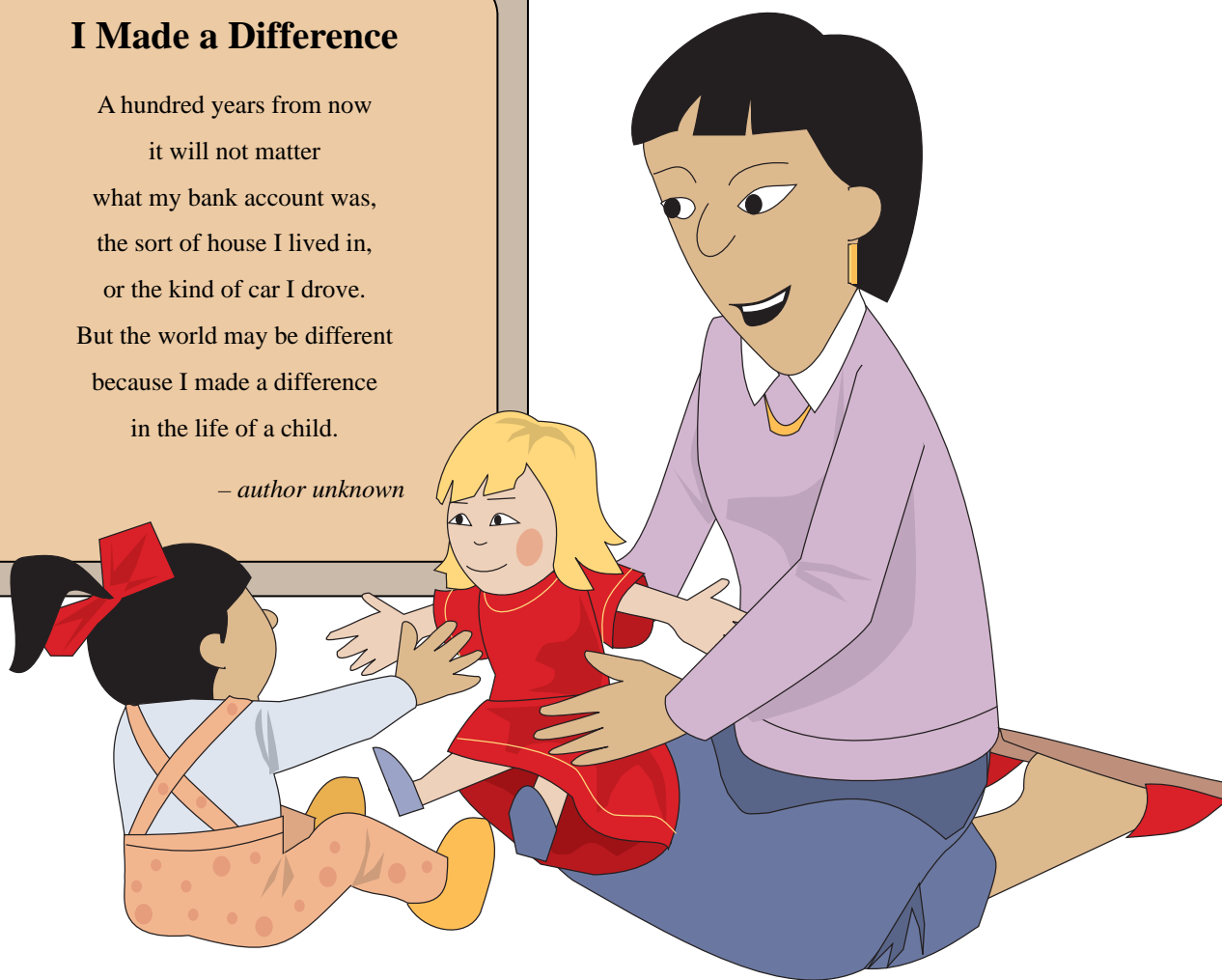
Think of time spent with your child as time well invested. You can never spoil a child by spending time doing things together. Children do not need lots of toys or other material things. Most important, they need you to take time to do things with them. This can be as simple as playing ball or a board game. Sit on the floor and play with your infant or young toddler. Ride bikes or go for walks. Read stories or do a favorite hobby or craft project together. Go

to the library for books. Look at old family photos. Make a scrapbook of favorite things. Take time every day just to talk with each other. There are so many things you can do together with your children at all ages. Patterns of doing things together will carry over even once your child is a teenager. Most of them do not cost much, but are priceless moments and time well spent.

I Made a Difference

A hundred years from now
it will not matter
what my bank account was,
the sort of house I lived in,
or the kind of car I drove.
But the world may be different
because I made a difference
in the life of a child.

— author unknown



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