Did you know that children who are talked to by the adults in their lives learn about 5,000 more words by the time they enter kindergarten?

Talk to your kids today.

Photo by Mary Wilkins-Kelly

Sponsored by The Jackson County Early Childhood Partnership Team, The Grants Pass Early Childhood Council, and the child care providers of Jackson and Josephine Counties.
Did you know that children’s brains grow as a result of what they see, hear, taste, touch, and smell?

Everyday experiences are learning experiences for children.

Sponsored by The Jackson County Early Childhood Partnership Team, The Grants Pass Early Childhood Council, and the child care providers of Jackson and Josephine Counties.
Did you know infants need to learn to trust their worlds before they can begin to explore their worlds?

Photo by Mary Wilkins-Kelly

Provide security and a loving, predictable routine for your children.

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Did you know that it’s normal and healthy for two-year olds to say ‘NO!’?

They are learning that they are independent people from their parents.

Give them opportunities to make choices.

Photo by Mary Wilkins-Kelly

Sponsored by The Jackson County Early Childhood Partnership Team, The Grants Pass Early Childhood Council, and the child care providers of Jackson and Josephine Counties.
Did you know that even infants benefit from being read to? Children who are read to on a regular basis are more prepared for kindergarten.

Photo by Mary Wilkins-Kelly

Read to your kids today.

Sponsored by The Jackson County Early Childhood Partnership Team, The Grants Pass Early Childhood Council, and the child care providers of Jackson and Josephine Counties.
Did you know that eye contact is important?

Pause from your busy day and look at your child when they are talking to you and when you are talking with them.

Photo by Mary Wilkins-Kelly

Sponsored by The Jackson County Early Childhood Partnership Team, The Grants Pass Early Childhood Council, and the child care providers of Jackson and Josephine Counties.
Did you know that touch is important for babies, toddlers, preschoolers, and school age kids?

Photos by Mary Wilkins-Kelly

Hug your child today.

Sponsored by The Jackson County Early Childhood Partnership Team, The Grants Pass Early Childhood Council, and the child care providers of Jackson and Josephine Counties.
Did you know that it takes a long time for children to learn to handle their emotions?

When your child is calm, talk about feelings - what it means to be happy, sad, mad and scared.

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Did you know that kids get into everything because they are curious and want to learn?

Give them lots of opportunities to explore their worlds, but keep dangerous items locked up.

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Did you know that art projects help with a child’s brain development?

Provide lots of time for kids to get messy and explore art. It’s not about the end product; it’s about the process of creating.

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Did you know that children who live in homes with hitting and yelling are more likely to have physical and mental health issues as they grow up?

Keep your household healthy for your children and seek help if you need to.

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Did you know that babies give us ‘cues’ that tell us how they are feeling?

“I’m interested—let’s do more of this.”

- Looks at you or an interesting object
- Smiles or shows expressions of joy
- Reaches for things (like your nose)
- Has eyes wide/bright

“I need a break!”

- Turns away
- Arches his back or twist
- Fusses or cries
- Closes his eyes
- Shows dull or glassy eyes
- Grabs his hands or his body for comfort
- Kicks or wave arms rapidly

Watch your child to read the cues. Play with them and talk with them when they are ready. Give them a break when they are tired.

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Did you know that young children - even babies - can learn sign language? Even before they learn to talk, they can learn signs to tell you what they want.

Eat.

Tired.

More.

Sign language can reduce temper tantrums and help you to understand what your child needs.

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Did you know that ‘tummy time’ is important for an infants’ development? It strengthens muscles and prevents many problems with your baby’s developing body.

Photo by Mary Wilkins-Kelly

Give your child ‘tummy time’ everyday, with interesting objects to look at and play with. Join them on the floor!

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Did you know that giving your child choices can prevent temper tantrums and power struggles?

Instead of saying, “It’s time to go inside now.” Try asking, “Would you like to pull the wagon to the house yourself, or would you like a ride back to the house?”

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Did you know that it’s important to teach kids that it is okay to say “No” to any adult whose behavior makes them feel uncomfortable?

When roughhousing or tickling children, let them know that if they ask you to stop, you will.

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Did you know that parents have the greatest impact on children’s development?

Play with and read to your child. You have more opportunities to spend 1:1 time with your child than any other person.

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Did you know that the rate of autism in Oregon is 1 out of every 89 children?

Seek early screening. Having children identified and receiving services early can make a big difference.

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Did you know that when you are pregnant and drink alcohol or use drugs, your growing baby does too?

There is no safe amount during pregnancy so don't drink or use. If you need help quitting, ask for help. It's the first gift you will give your baby.

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Did you know that hitting and spanking will make your child physically aggressive and destructive?

Try time outs and redirecting your child.

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Did you know that physical punishment does NOT teach your child any inner control?

Talk about how your child is feeling and why – name the emotion.

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Did you know that children and teens need to be reminded daily that you love them?

Photo by Mary Wilkins-Kelly

Give them hugs and kisses daily.

Sponsored by The Jackson County Early Childhood Partnership Team, The Grants Pass Early Childhood Council, and the child care providers of Jackson and Josephine Counties.
Did you know that Breastfeeding helps the brain to develop & strengthens your baby’s immune system to fight off disease & sickness?

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Did you know that Breastfeeding lowers the risk of osteoporosis and some breast & ovarian cancers in mommies?

These are huge benefits for mommies too.

Sponsored by The Jackson County Early Childhood Partnership Team, The Grants Pass Early Childhood Council, and the child care providers of Jackson and Josephine Counties.
Did you know that breastfeeding provides unique bonding and attachment for babies and mommies?

Photo by Mary Wilkins-Kelly

Give them hugs and kisses daily.

Sponsored by The Jackson County Early Childhood Partnership Team, The Grants Pass Early Childhood Council, and the child care providers of Jackson and Josephine Counties.
Did you know that self exploration is a normal part of healthy child development?

Photo by Mary Wilkins-Kelly

Sponsored by The Jackson County Early Childhood Partnership Team, The Grants Pass Early Childhood Council, and the child care providers of Jackson and Josephine Counties.
Did you know that you can NOT spoil a baby or child with “LOVE”?

Photo by Mary Wilkins-Kelly

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