

Your Child Matters

Everyone loves to feel special, including kids of all ages. Enjoy every stage of your children's development by traveling the path with them, and reminding them they're loved.

**BIRTH
TO
3 YEARS**

Cuddle ...

Infants and toddlers love to be touched. Share lots of **kisses, hugs and kind words** and your child will be secure, happy and prepared for healthy relationships later in life.

**PRESCHOOL
AGES 4-5**

Play ...

Playing together is a great way to foster a **bond with your child**. It may feel like you're building that tower of Legos or having a tea party for the thousandth time, but it will help your child's creativity and social skills.

**ELEMENTARY
AGES 6-8**

Guide ...

Now is a great time to **help your child become more independent**, under your patient guidance. Children this age enjoy making decisions, such as what to wear to school or how to style their hair. Allow them to help you make choices, and you'll **boost their confidence**.

**TWEENS
AGES 9-12**

Listen ...

Tweens are beginning to **think more independently**, but also are eager to follow their friends. They're also dealing with changes in their bodies and may feel awkward or scared. Reassure them that this is just a stage. **Listen to their fears and concerns** without criticizing and laughing and remind them they're wonderful.

**TEENS
AGES 13-18**

Encourage ...

Teens are creating an identity for themselves and developing opinions. **Give them space to explore the world, as long as they're responsible**. Encourage them to consider pros and cons when making important decisions. Continue to hug them and tell them you love them. Affection should accompany your parenting at every stage.