



# 10 WAYS

## TO BOOST YOUR BABY'S DEVELOPMENT.

- 1 Sing songs.
- 2 Play peekaboo or other games.
- 3 Read out loud to your baby.
- 4 Have face-to-face time.
- 5 Supervise tummy time.
- 6 Follow a routine.
- 7 Talk to them.
- 8 Give baby safe places to explore.
- 9 Comfort and snuggle your baby.
- 10 Take care of yourself.



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# 10 WAYS

## TO KEEP SCHOOL KIDS SHARP.

1

Read together before bedtime.

2

Crack silly jokes.

3

Have them help with chores.

4

Include them in family decisions.

5

Look for opportunities to praise them.

6

Play interactive (even imaginary) games.

7

Give hugs and affection.

8

Tell family stories.

9

Talk every day.

10

Show you care.



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Visit [pcaiowa.org/imperfectparent](https://pcaiowa.org/imperfectparent) for more tips.



# 10 TIPS

## FOR BONDING WITH TEENS.

- 1 Take walks or bike rides.
- 2 Be empathetic.
- 3 Learn a new skill from them.
- 4 Cook and eat meals together.
- 5 Volunteer as a team.
- 6 Show up for their activities.
- 7 Plan a family game night.
- 8 Get to know their peers.
- 9 Remind them you love them. Every day.
- 10 Listen to their words, tone and body language.



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