Everyone needs to know this – it applies to children of ALL ages

There are 9 minutes of the day that have the greatest impact on a child:

* The first 3 minutes right after they wake up
* The 3 minutes after they come home from school
* The last 3 minutes of the day before they go to bed

Make those minutes special and help your child feel special, loved and accepted. They need to know that they are enough, just as they are!

* Each day children need meaningful eye-to-eye conversations with a parent or meaningful adult. It is especially important to slow down and look them in the eye. Listen with respect and love.
* Hug your child, straighten their hair or clothing, pat them on the back and tell them how proud you are of them and the person they are growing into – every day! A simple touch makes them feel connected to a parent in ways than words ever will. Remember actions speak louder than words!

Happy Parenting!