

It Starts With Me

As a parent I can...

- **Greet my child each morning by name**
- **Have one family sit-down meal each day**
- **Read to my child each day**
- **Let my child hear me pray each day**



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As a parent I can...

- **Smile each morning when I see my child**
- **Say “I am blessed because of you” to my child each day**
- **Listen to my child for 2 minutes each day and not ask one question**
- **Hug my child once a day**



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As a parent I can...

- Let my child talk for 2 minutes without interrupting at least once a day**
- Hold my child's hand once a day**
- Tell my child one fact I heard or learned each day from the newspaper, radio, television or other media outlet**

