



NURTURING CARE



For

YOUR CHILD

RESPONSIVE CAREGIVING

- Spend one-on-one time.
- Look closely at your child.
- Recognize your child's signals that express different emotions

SUPPORTING EARLY LEARNING

- Play together
- Provide opportunities for your child to perform household tasks.
- Follow your child's lead and provide them opportunities to learn



SAFETY AND SECURITY

Provide a safe environment at home.

- Have positive methods of discipline.
- Have healthy routines for sleeping and eating.



SUPPORTING YOURSELF

- Identify your feelings and discuss them.
- Have daily relaxation and self-care routines.
- Identify a support person (family member, friend, etc.)