

Family as First Teacher:

Bringing Up Happy Babies



"Look at you... Imagine how you will be able to help somebody."
- Maya Angelou

Learn to create intentional opportunities for positive brain development within our families.

Explore the 5 R's:*

Relationship
Rhyming
Reading
Routine
Rewards

Discover: How do I learn?

Hold me	<i>and I learn</i>	Security
Carry me	<i>and I learn</i>	Trust
Look at me	<i>and I learn</i>	Empathy
Help me	<i>and I learn</i>	Confidence
Point things out	<i>and I learn</i>	Awareness
Tickle me	<i>and I learn</i>	Laughter
Sing to me	<i>and I learn</i>	Words
Rhyme to me	<i>and I learn</i>	Sounds
Talk to me	<i>and I learn</i>	Conversation
Whisper to me	<i>and I learn</i>	To listen
Pause with me	<i>and I learn</i>	Patience
Give it to me	<i>and I learn</i>	Sharing
Be gentle with me	<i>and I learn</i>	Kindness
Read to me	<i>and I learn</i>	To love learning
Help others	<i>and I learn</i>	To accept others
Peek-a-boo with me	<i>and I learn</i>	To play

*Research on: Explore the 5 R's was gleaned from the *American Academy of Pediatrics*, 5 R's for Early Development by Pennie Young and shared with the Joseph and Laretta Freeman Foundation.

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