



Baby Booster

Month

The first 5 years of your child's life are the most critical for brain development and predicting success. Life can get busy and we forget what is important. The following are some goals that all moms with a baby or toddler should achieve faithfully each day. This checklist is just a reminder to help you get it done! You can do this! Print this out and post on your refrigerator door so you can check off your accomplishments each day. WOW! Congratulations on a job well done.

1. Read to your child daily.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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- For 1 year olds read nursery rhymes for 5 minutes, 2 times a day
- Increase time, as child grows older, up to at least 15 minutes a day
- Read books on colors, shapes, objects and nursery rhymes, then as child grows older, go to library and look in "Easy Read" section for children. Possible authors could include Sandra Boynton and Eric Carle.

2. Hug your child and say "I Love You!" at least 3 times a day.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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3. Have inside playtime for your child at least 60 minutes a day.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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- One on one time in addition to reading in item 1
- Activities could include counting; measuring; sorting by size, color, shape; puzzles
- Could be done while child is at day care
- Let your child crawl. It is an important developmental phase.

4. Weather permitting, have outside play time for your child for at least 60 minutes or more.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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- Outdoor play equipment, i.e. swings, climbing bars, etc.
- Taking walks
- Could be done while child is at day care