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
It Starts With Me

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