



## Ten Things Every Child Needs

The latest research shows that starting from birth, you can dramatically improve your child's ability to learn by meeting these 10 essential needs.

1. Interaction—Consistent, long-term attention from caring adults actually increases your child's capacity to learn.
2. Touch—Holding and cuddling does more than just comfort your baby—it helps his/her brain to grow and develop
3. Stable Relationships—Developing strong, stable relationships with parents and other caregivers helps to buffer stress that can harm your child
4. Safe, Healthy Environments—Safe environments should be free of lead, sharp objects, loud noises, and other hazards.
5. Self-Esteem—Self-esteem grows with respect, encouragement, and positive role models from the beginning.
6. Quality Care—Quality care from trained professional can make the difference when you can't be with your child
7. Play—Play activities help your child to explore and develop his/her senses and discover how the world works
8. Communication—Talking with your baby helps to build verbal skills needed to succeed in school and later in life
9. Music—Music expands your child's world, teaches new skills and offers a fun way to interact with your child.
10. Reading—Reading to your child from the earliest days of life shows its importance and creates a lifelong love of books.