



MAY IS MENTAL HEALTH MONTH

Making a meaningful connection with your child each day helps to build your child's confidence. It is important to take time out of our busy days to spend a few minutes doing something special with your child(ren).

Remember to ...

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Hug Your Child</p>	 <p>Play a game with your child</p>	<p>Share some quiet time with your child</p>	 <p>Read a book with your child</p>	<p>Laugh with your child</p>
 <p>Plant a plant with your child</p>	 <p>Take a walk with your child</p>	 <p>Hug Your Child</p>	<p>Do a craft with your child</p>	 <p>Listen to music with your child</p>
 <p>Look at the sky and count the clouds with your child</p>	 <p>Hug Your Child</p>	 <p>Put on music and dance with your child</p>	 <p>Look at family photos with your child</p>	 <p>Draw with sidewalk chalk with your child</p>
 <p>Take silly pictures with your child</p>	 <p>Play outside with your child</p>	<p>Build something with your child</p>	 <p>Hug Your Child</p>	<p>Have movie night with your child</p>
<p>Share your favorite story with your child</p>	 <p>Draw a picture with your child</p>	 <p>Explore nature with your child</p>	<p>Blow bubbles Your Child</p>	 <p>Hug Your Child</p>