

Goals for My Child

These are some qualities I would like my child to develop as he or she grows up:

1. _____

2. _____

3. _____

4. _____

Choose one of these qualities to focus on this week. Use the following ideas and activities to help your child begin to develop this quality.



Bright Beginnings ideas for how parents help their children grow and develop:

1. Read child's cues to understand what he is thinking and feeling and what he is trying to "say."
2. Respond positively and consistently to child's communications (but that doesn't mean you have to pick your child up or do exactly what he wants. Sometimes the response will be "I can't come right now, but I'll be there in a minute." Or, "Here's something you can play with until I can hold you.")
3. Pay attention to the way children respond to the sights, sounds, feelings, tastes, smells, motion, and position of their world and

- use that information to help them become more alert to learn about the world or to calm down and be soothed when upset.
4. Parents take care of themselves through exercise and relaxation.

Bright Beginnings activities you can do at home:

1. singing
2. bubbles
3. playing with toys or safe household objects
4. playing games like peek-a-boo or finger games
5. looking at books together
6. talking to your child, face-to-face



Other fun activities that will stimulate your child's curiosity:

1. Take a walk around the neighborhood. Talk to your child about what you are seeing.
2. Place your child in-front of a mirror and make funny faces together.
3. Enjoy bath time together-sing songs and use plastic containers as toys.
4. Allow your child to touch your hair, face, hands and toes.

At-home activity:



Pick one of the qualities you would like to focus on this week. This week, focus on several of the practices above to help your child develop this quality:

Quality: _____

Practices I used:

What I actually did:
