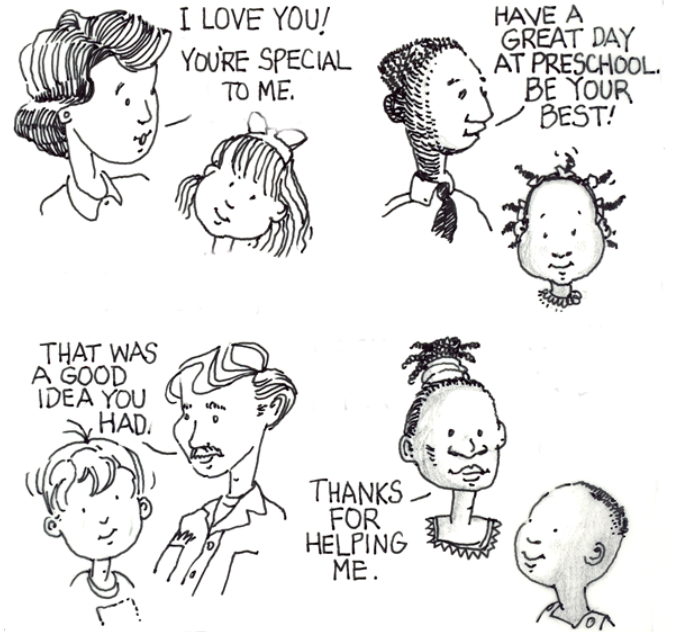


Let's Enjoy Life Together!

I love being with you! When you take time to play with me, I giggle and laugh. When you hold me or when we read a book together, I feel close to you and loved by you. I know I can be a challenge at times. But, when you don't make time for me, I get lonely and frustrated.

What I Want You to Know

Some adults do make time for their children. They play with them. They talk to them. They take them places. I hope you will do this with me. I know that I take a lot of work and that sometimes my needs get in the way of your wants. But, when you take time for me and enjoy me, my life is so much better! I feel more safe and happy. And I learn more too.



Here's How You Can Help Me

I know this is a lot to ask, but I wonder if you would *organize your life to take care of me*. For example, it takes a long time for me to learn to sleep and eat well. Would you be willing get up with me in the night when I am lonely?

Would you be willing to plan meals with foods that are healthy for me?

As time goes by, I will be learning to use my hands and feet. Please provide me toys to grasp and places to go. *I love it when you notice my progress.* I will move from making funny noises to speaking, laughing, telling stories, reading books and telling you how much I love you. *I hope you will laugh with me and enjoy every step along the journey.*

Even more, I hope you will *enjoy the miracle of my development.* I started out as a small, squirmy, dependent baby. Before long, I'll be going to school, learning to read, and, someday, getting a job and starting a family of my own.

It would be great if you *take pictures and write down some of my most important experiences as I grow up.* As I grow older, I will cherish those reminders of my childhood.

Caring for children is hard. I hope you will *learn from books and caring adults* how to be a great caregiver.

You might wonder what you get for all your work. Well, you get a ringside seat at nature's greatest miracle: the development of a human being! And you will get an admirer; I will always look up to you. And you will know that you have made this world a better place.

Let's enjoy this journey together.

University of Arkansas, United States Department of Agriculture and County Governments Cooperating

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