

# Live Face to Face



## Children learn best from face-to-face interactions

You can build your relationship with your child by  
turning off screens and putting away devices.

**Play, read, move and giggle every day!**

# Have you played today?



## The days can be long, but the years are **SHORT**.

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turning off screens and putting away devices.

**Play, read, move and giggle every day!**

**See Me. Hear Me. Watch Me.**



**Your child wants your  
attention and to connect with  
you more than anything.**

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turning off screens and putting away devices.**

**Play, read, move and giggle every day!**



# Mom, Dad: My favourite toy is YOU!



**Read to your  
child and feel  
the connections  
grow.**

**You can build your relationship with your child by  
turning off screens and putting away devices.**

**Play, read, move and giggle every day!**

# Take a Moment to Connect



## Make room for “Technology Free Zones”

**You can build your relationship with your child by turning off screens and putting away devices.**

**Try starting with meal times or in the bedroom.**

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**Play, read, move and giggle every day!**