

# 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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# See Me. Hear Me. Watch Me.



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

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# **Mom, Dad: My favourite toy is YOU!**



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

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# 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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