

30 WAYS

to Show Kids You Care

The best way to raise happy, healthy children is to spend time each day showing you care.

Hang this list on the fridge as inspiration.

Each day, choose one of these activities to do with your child or a child you care for.

1. Hold your baby in your arms and focus on making eye contact
2. Give yourself permission to hold your infant
3. Give a hug just because
4. Say "I love you" at breakfast, lunch and dinner
5. Take your toddler to the park and follow them wherever they explore
6. Play peek-a-boo
7. Celebrate your baby's new accomplishments with verbal praise
8. Practice stacking and knocking down plastic measuring cups with your baby
9. Read a book together
10. Play with a wooden puzzle together
11. Sing to your baby
12. Chase a beach ball around a room together
13. Take a walk outside and describe everything you see to your child
14. Put your phone and electronic devices in "time out" for one hour
15. Dance with your baby
16. Gently stretch out your infant's arms and legs
17. Try a baby massage
18. Blow bubbles
19. Stop everything for 20 minutes and do only what your child wants to do
20. Imitate your baby's movements – like sticking out his or her tongue
21. Play with snow in the high chair
22. Practice Red Light Green Light
23. Go to the museum together
24. Take your child to the grocery store and explain all the food you see
25. Splash hands in a shallow dish of water
26. Listen to your baby babble and mimic his or her sounds
27. Tell your child specifically what is unique or special about them
28. Offer a word of encouragement when your child tries something difficult
29. Finger paint with pudding together
30. Make funny faces together and laugh



THE
**Starling
Project**

The Starling Project is a community of individuals working together as a murmuration to keep children safe. Join the community by posting a picture of you and the special child or children in your life while participating in a child-friendly activity like the one on the back side of this tip sheet. And remember to use #TheStarlingProject.

Find more tips and resources at
starlingproject.kempe.org

The Kempe Foundation

FOR THE PREVENTION AND TREATMENT
OF CHILD ABUSE AND NEGLECT



The Starling Project is a campaign of
The Kempe Foundation

info@kempe.org | www.kempe.org

the
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Thriving Mamas. Thriving Babies. Thriving World.



Beach Ball Play!

It's no secret children of all ages like playing with brightly colored beach balls. And, they are great for practicing motor skills, eye contact and social interaction. Watch as your child's interest and attention span grows as they age.

0-3 Months

Place baby on his/her back and let them kick and roll a beach ball with their feet. Watch how baby reacts when he/she makes contact—encourage your baby verbally and with smiles and coos. Eventually, he/she will be able to pass it between their feet and hands.



6-9 Months

Sit baby up and practice rolling the ball back and forth. Chat with baby as you go, encouraging baby by saying "my turn, your turn" and "Ready, Set, Go!" This is also a great chance to practice making eye contact with your baby.



1 Year +

Inflate several beach balls in a room and let baby run around chasing the balls. The bright colors and movement will engage baby. They will be even more engaged if you "play chase" with them. Younger babies will be excited by involuntary kicks as their foot hits the beach ball and it moves, while older toddlers may try to "Bend it like Beckham." Feel free to take off your coaching hat for this one, and just have fun!



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