

The 4 Me's™

Support your child to feel safe and secure, loved and valued, curious and capable.

Relationships are the heart of child development. You can begin to bond with your baby and start to grow a secure attachment relationship with them even before they're born. Children grow and thrive in the context of loving and caring relationships. When children are seen and understood, connected and soothed, and nurtured and encouraged, their development can flourish across all learning domains.

Encourage Me...

Show your child they're valued.



- Point out their efforts
- Let them know you're proud of them
- Think and say positive things about them and your relationship with them
- Keep an interaction going
- Help them problem solve

See Me...

Notice and tune into your child.

- What do you think they're experiencing?
 - What has captured their attention?
- What are they trying to tell you with their sounds, words, body movements, or facial expressions?
 - How might your feelings and actions be impacting them?
- Imagine what they might be like when they arrive

Nurture Me...

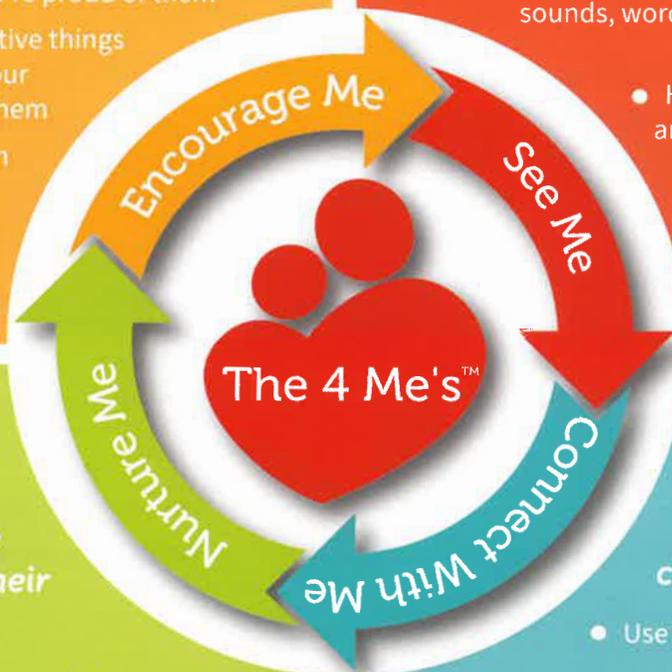
Help your child to learn and grow their skills.

- Do something to support them and their learning; provide just enough help
- Describe their world and wait for their response; encourage them to use their words
- Have predictable routines and set limits
- Take care of your own and your child's health and well-being

Connect With Me...

Respond to your child with warmth.

- Use your voice and touch to let them know you care
- Put their feelings into words
 - Join them in their play
 - Have back-and-forth conversations
- Limit distractions and provide your full attention



Continued

Potential Payoffs for Children

What are the potential benefits for children when parents use **The 4 Me's™** many times throughout the day?

Children may:

- Be more likely to succeed in school
- Feel like they can manage stress better
- Develop stronger language skills
- Find that it's easier to connect with others' feelings
- Be more likely to develop meaningful and healthy relationships
- Feel more independent or able to solve problems as they grow up

Potential Payoffs for Parents

Parents may:

- Feel like they have an easier time supporting their children to manage their emotions
- Develop a stronger bond with their children
- Find that they have more opportunities to support their children's interests and curiosities
- Feel like they have more one-on-one time with their children to create joyful moments
- Find that they have more conversations or opportunities to talk with their children
- Feel more in tune with their children's needs and feelings



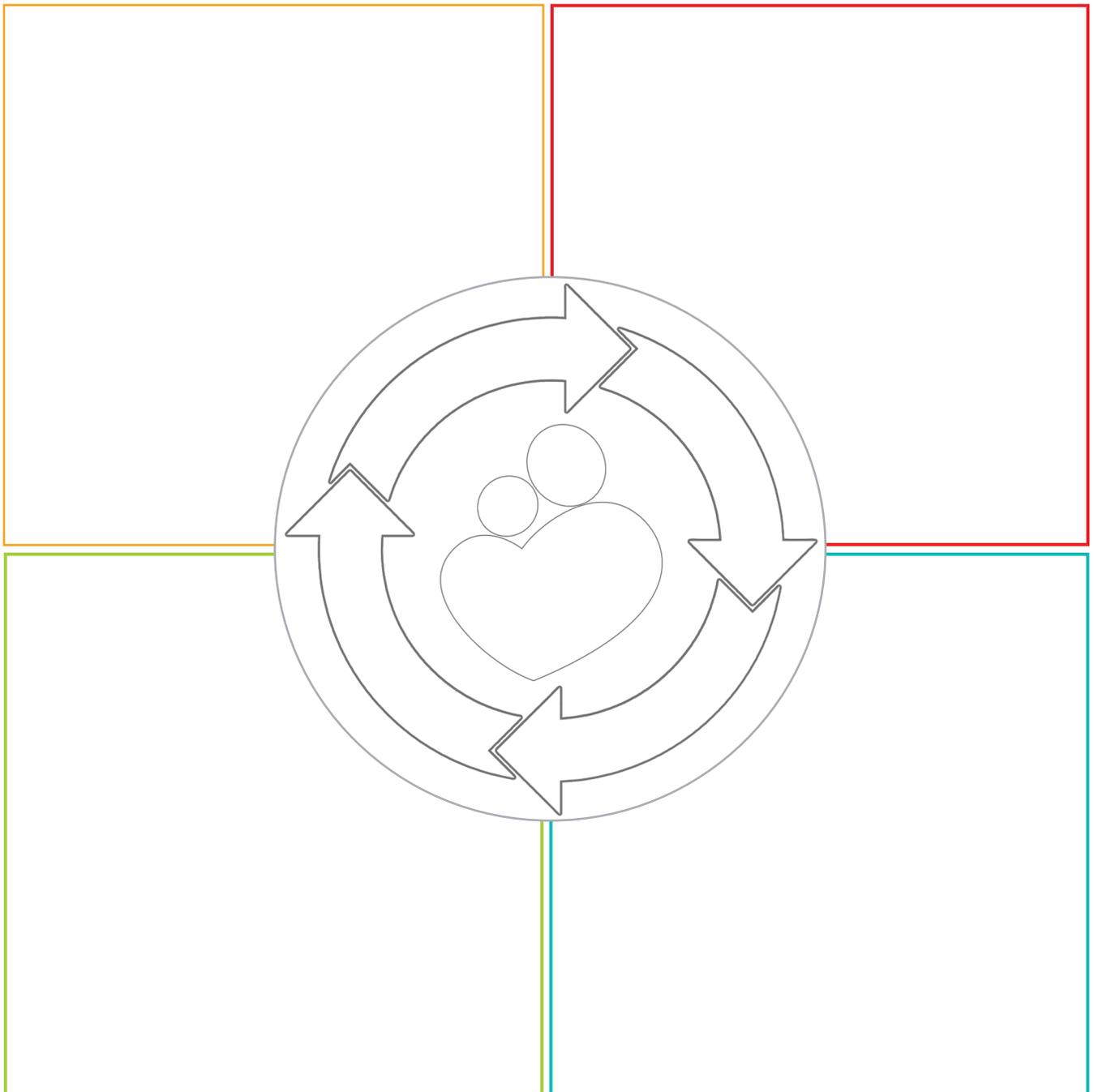


Great Kids® Parenting Daily Do

The 4 Me's™

Support your child to feel safe and secure, loved and valued, curious and capable.

Relationships are the heart of child development. You can begin to bond with your baby and start to grow a secure attachment relationship with them even before they're born. Children grow and thrive in the context of loving and caring relationships. When children are seen and understood, connected and soothed, and nurtured and encouraged, their development can flourish across all learning domains.



Continued



Potential Payoffs for Children

*Some of the potential benefits for my child when I use **The 4 Me's™** many times throughout the day are:*

Potential Payoffs for Parents

*Some of the potential benefits for me as a parent when I use **The 4 Me's™** many times throughout the day are:*