#HopeBuilds

Hope Starts with you

Join us to be Champions for Detroit’s Children

Hope starts HERE

DETOURS EARLY CHILDHOOD PARTNERSHIP

HopeStartsHereDetroit.org
Parents and caregivers play the most important role in a child’s life. It’s going to take all of us to make DETROIT a city where CHILDREN THRIVE!

### Hope Starts Before Birth...

Taking care of both Mom & Baby’s health is important! Seeing a doctor, eating well, and lowering stress helps our kids get a healthy start. There are resources to help before and after birth, including:

- SisterFriendsDetroit.com
- Michigan.gov/MIKidsMatter

### Start Early!

Read, Sing, and talk to babies while they are in mom’s belly!

### Hope Starts Now

“"The 6 A-DAY - EVERY DAY" & ALL DAY"

1. **Encourage** | Encouraging children helps their motivation with general day to day tasks or especially when they are achieving new goals such as learning to walk, eating vegetables or taking exams.

2. **Hug** | There are scientific reasons why hugs are good for you and your child. A 20 second hug can help your child grow smarter, healthier, happier, more resilient, and closer to the parent.

3. **Talk** | When riding in a car or bus, spend time talking about what you see, or tell your child a story. When your baby talks or makes sounds, answer or repeat back what you hear.

4. **Sing** | While holding or hugging your child, use a familiar tune and sing to them about what you are going to be doing next (like going outside, seeing all the bugs, cooking, etc…)

5. **Read** | Reading! Read street signs, labels on food you eat, names on the stores you walk by – anything and everything!

6. **Play** | Do actions and try to get your child to copy you. Clap your hands, pat your head, tilt your head from side to side. Encourage them: “Clap your hands.”

www.HopeStartsHereDetroit.org