**for Building Bigger Brains**

Name Date

**Ideas for Supporting My Child’s Development**

**** Read together for \_\_\_ minutes per day.

**** Limit screen time (for example, TV, video games, computer) to 2 hours or less per day.

**** Build Routines around meals, school, bedtime, and reading.

**** Spend time together laughing, talking, and telling stories.

**My Goals – I am my child’s first teacher!**

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Patient or Parent/Guardian signature Doctor signature

From Your Doctor