

**are you talkin' to me?**

*talk, read and sing with me often...*




because my first **6** years are critical to my speech and language development

MAKE Children First  
www.makechildrenfirst.ca

Children First Learning Initiative funding provided by BRITISH COLUMBIA

**Kids need regular checks too**

*check my development early and often*



because my first **6** years are critical to a healthy mind & body for life

For more information contact your local Public Health office

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**let's go bananas!**

*I need healthy food every day...*



because my first **6** years are critical to developing a strong body and mind for life

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#1

#2

#3

**love me tender**

*I need gentle touch, words and eye contact...*



because my first **6** years are critical to a lifetime of healthy relationships

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**it's not easy taking care of me!**

*please let others help*



it's a sign of strength to ask for support

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**play it again and again, Sam!**

*I need lots of play time...*



because my first **6** years are critical to discovering my place in the world

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#4

#5

#6

# See me Smile!

When the first tooth appears brush twice a day with a fluoride toothpaste



because my first **6** years are critical for a lifetime of good dental health

Visit your dental office by age one. Contact your local health unit to find out about the fluoride varnish program.

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# Run, Jump, Play Be active everyday!



My first **6** years are critical  
Understanding the Early Years is funded by  
Human Resources and Skills Development Canada www/hrndc.gc.ca

www.makechildrenfirst.ca  
Understanding the Early Years  
Kamloops  
BRITISH COLUMBIA

# Read, laugh, hug, play! Time together everyday



Because my first **6** years are critical to build social skills for life

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#7

#8

#9

**The Make Children First posters are available free of charge to local professionals working to support early childhood development.**

Please contact us by email or fax to request the posters you would like—posters can be identified by the numbers below them on this order form.

Email Shannon: snash@interiorcommunityservices.bc.ca  
Fax: 250-554-1833

To pick up your order, you can find us in the Interior Community Services office at:  
396 Tranquille Road, Kamloops, BC

MAKE Children First  
KAMLOOPS

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