

Take Action for Early Childhood Development

- Take care of your baby by giving positive attention and appropriate stimulation with toys, songs, poems and playing together.
- Children's minds develop rapidly when they are talked to, touched and cuddled; when they see and hear familiar faces and voices; and when they handle different objects.
- Help your baby's development by nurturing a close relationship from birth.
- Speak, sing, read or tell stories to your child.
- Babies and small children should not be left alone when they are awake. This delays their physical and mental development. It also puts them at risk of accidents.
- Help your child learn and develop by encouraging your child to play and explore.
- Exclusive breastfeeding on demand for the first six months, timely introduction of safe and nutritious foods around the age of 6 months, and continued breastfeeding for two years or beyond provide your child with optimal nutrition and health benefits.
- Feeding time is an opportunity for you and your child to develop bonds and attachments.
- Fathers can support breastfeeding by making sure mothers have nutritious food, helping with household and childcare responsibilities, and being emotionally supportive.
- Children play to have fun, but play is also central to promoting a child's physical, cognitive, and social and emotional development.
- Help your child become ready for school by encouraging your child to play with others and explore the surrounding environment.
- Children have different temperaments, interests, styles of interaction, and paces of learning. Respect your child's unique learning style.
- Learn more about child development to understand what to expect and how to support your child's growth and development, particularly his or her transition to primary school.

In order to improve the situation of the world's children everyone has to participate. UNICEF believes that every individual can play an important role in promoting and protecting the rights of children. The first step is concern, the second step is knowledge, the third step is action.
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