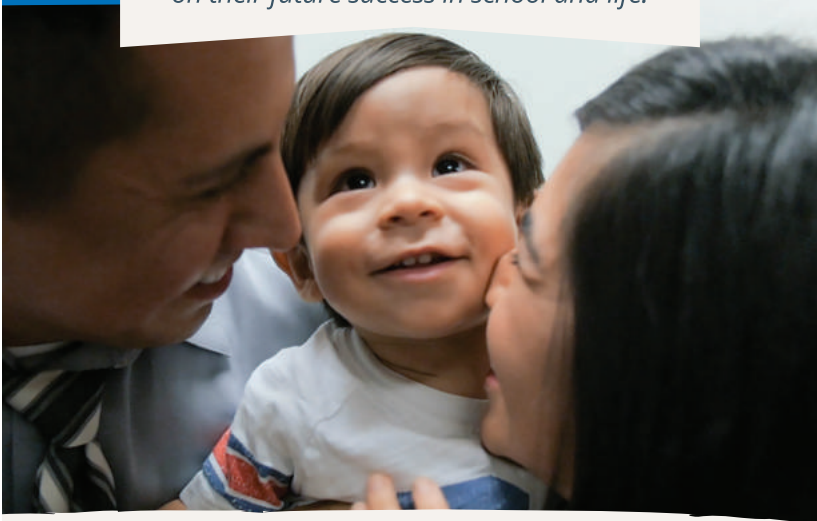


# MAKE THE MOST OF THEIR EARLY YEARS

Your child's first five years have a **big impact** on their future success in school and life.



90% of a child's brain develops **by age 5.**



Babies start learning language and vocabulary **from birth.**



Important life skills like focus and self-control also **develop in early childhood.**



Young children learn and grow **through positive relationships with their parents and caregivers.**

WHAT CAN YOU DO? →

## TALK, READ AND PLAY TOGETHER

Playing, sharing books and having back-and-forth conversations — even before they can talk — helps young children learn words and language. Quality time with you is also the best thing for your child's healthy development.

## LEARN MORE ABOUT CHILD DEVELOPMENT

You don't have to be a perfect parent, but understanding how your child is growing at each age and stage can help you be the best caregiver you can be.

## CHOOSE QUALITY CHILD CARE

Many Arizona families need child care for their young children. Quality child care and preschool programs help kids learn, grow and develop important life skills.



## AND CONNECT WITH US AT

 **FIRST THINGS FIRST** [.ORG](https://www.firstthingsfirst.org)

We support early childhood programs across Arizona — positive parenting, child development, health, quality child care and much more. Our website also has lots of helpful videos, articles and resources for families.



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