



# STRONG FAMILIES

TIPS & RESOURCES FOR PARENTS WITH HAPPY, HEALTHY AND SMART KIDS



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## Babies Learn to Recognize Words in the Womb

We have to be careful how we sound and maybe even what we say around a pregnant woman. According to the recent article, [Babies Learn to Recognize Words in the Womb](#), as babies grow in the womb they can not only hear sounds from the outside world, but if the sound is repeated often enough, they can even retain memories of them after birth. This shows the importance of reading, talking, and interacting with babies from the very beginning.

## Play Time!

Here are some ideas for fun playtime activities for infants and toddlers from ZERO TO THREE:

[Birth to 12 months](#)

[12 to 24 months](#)

[24 to 36 months](#)



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## Reading to Your Baby in the Womb Can Benefit Mommy Also!

Did you know that reading to your baby while he or she is in the womb can not only benefit the baby, but the mother also? An article from the American Academy of Pediatrics suggests that prenatal stress and anxiety can lead to certain illnesses and use of antibiotics after birth.



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So, pregnant women should make time for rest and activities that promote peace and relaxation. What better ways to promote peace and relaxation than by reading, singing, or talking to your baby? This sense of calm also soothes the baby, creates a bond between the mother and the baby, and benefits the baby's heart rhythm. A happy and healthy mom equals a happy and healthy baby!

<http://www.livestrong.com/article/244476-benefits-of-reading-to-a-baby-in-the-womb/>



## Play is the True Work of Childhood!

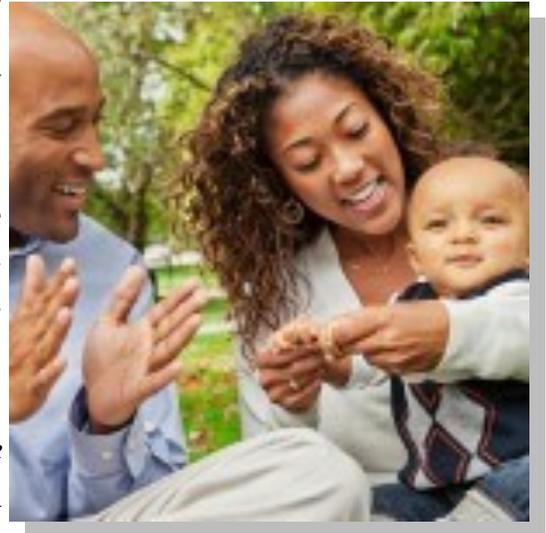
Play is one of the most important things you can do with your child! Play is the way your child learns about the world. "Children learn key scientific concepts, such as what sinks and floats; mathematical concepts, including how to balance blocks to build a tower; and literacy skills, such as trying out new vocabulary or storytelling skills as children "act out" different roles." They also learn that you think they are important and that you love them! Developing these positive social-emotional skills early helps them to build their self-esteem, self-confidence, and learn how to build healthy, loving relationships throughout their lives.

## What's a Parent to Do?

From experts to other parents, people are always ready to give you parenting advice. Parenting tips, parents' survival guides, dos, don'ts, shoulds, and shouldn'ts – new ones come out every day.

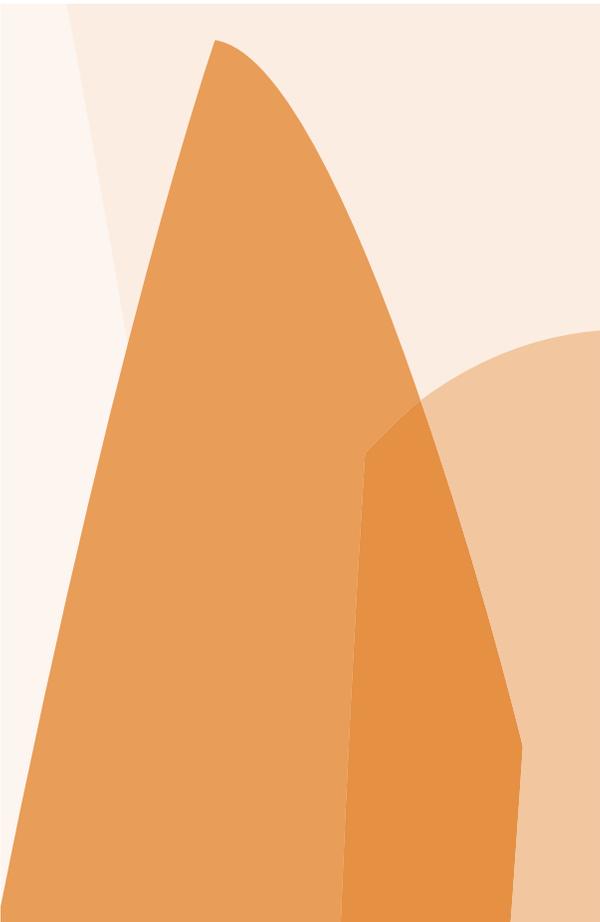
But with so much information available, how can anyone figure out what *really* works? How do you know whose advice to follow? Isn't parenting just common sense anyway? How can the experts know what it's like to be a parent in a real house?

Try RPM3—a no-frills approach to parenting from the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD).



The RPM3 guidelines aren't meant to be just another parenting “how to,” telling you what to do.

RPM3 confirms something that you already know: parents *do* matter. *You* matter.



### **RPM3 stands for:**

- Responding** to your child in an appropriate manner.
- Preventing** risky behavior or problems before they arise.
- Monitoring** your child's contact with his or her surrounding world.
- Mentoring** your child to support and encourage desired behaviors.
- Modeling** your own behavior to provide a consistent, positive example for your child.

To read the entire booklet:

[http://www.nichd.nih.gov/publications/pubs/adv\\_in\\_parenting/Pages/index.aspx](http://www.nichd.nih.gov/publications/pubs/adv_in_parenting/Pages/index.aspx)

# Who Are We?

Strengthening Families Georgia (SFG) represents a multi-disciplinary partnership of nearly 50 national, state and local, and public and private organizations **dedicated to embedding five research-based Protective Factors into services and supports for children and their families.** SFG is funded by the Governor's Office for Children and Families (GOFC) through the Federal Community-Based Child Abuse Prevention Grant Program. The Georgia Association on Young Children (GAYC), state affiliate of the National Association for the Education of Young Children (NAEYC), administers SFG and chairs the SFG Leadership Team and Partnership.

## OUR MISSION

To utilize the Strengthening Families assets-based framework of Protective Factors in all systems, programs, services and activities supporting families with young children as the approach to achieving the vision.

## OUR VISION

All families with children birth through age five in Georgia have the resources and support necessary for a meaningful and successful life.

For more information please contact us at [strengtheningfamiliesga@gmail.com](mailto:strengtheningfamiliesga@gmail.com).

strengthening families  
G E O R G I A



This project was supported in part by the Governor's Office for Children and Families through the U.S. Department of Health and Human Services, Administration for Children and Families, Community Based Child Abuse Prevention and Treatment Act (CFDA 93.590). Points of view or opinions stated in this document are those of the author(s) and do not necessarily represent the official position or policies of the Governor's Office for Children and Families or the U.S. Department of Health and Human Services, Administration for Children and Families, Community Based Child Abuse Prevention and Treatment Act (CFDA 93.590).

For more information & resources, go to  
[www.strengtheningfamilies.net](http://www.strengtheningfamilies.net)