



THE FAMILY CONNECTION

UNIT 1 – I AM SPECIAL

Dear Family Member,

Your child is participating in Healthy Alternatives for Little Ones (HALO), a health education and prevention program. Recent activities focused on:

Strengthening your child's identity Increasing their self-esteem

Things you can do at home:

- Every child needs to know they are special.
- Talk with your child about their name and why you chose it.
- Share family history. Personal stories about parents, grandparents, and other ancestors give children a sense of belonging.
- Read to your child often.
- Listen to your child and give them your full attention, put down the cell phone.
- Say "I love you," hug them often.
- Criticize the action – not the person. Say, "Hitting is wrong."
Not, "You are bad or naughty."
- Notice what your child is like. Shy children may need help sharing their feelings and very active children may need help calming down.
- Never threaten to leave your child. Being left is one of the basic fears of young children.

