



WHAT CAN  
5 MINUTES  
A DAY DO?

# CHANGE YOUR CHILD'S WORLD

Studies show that spending five minutes with your child doing things like reading, walking or playing a game, will improve your child's social and emotional well-being for the rest of their life.

Reading to your child after dinner or before bedtime is an excellent way to spend five or more minutes with them daily. For older children, have them read to you! An easy tip is to handmade a bookmark and insert it as you read. It's a piece of art they can use daily.



Visit [healthykids.mo.gov](http://healthykids.mo.gov) for more information.



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# OPEN THEIR HEARTS AND THEIR MINDS

Studies show that spending five minutes with your child doing things like reading, walking or playing a game, will improve your child's social and emotional well-being for the rest of their life.

Playing hoops with your child, even if they need a boost, is a great way to enjoy five minutes or more with your child. And while getting a little exercise and quality time, you'll be helping grow their social and emotional development!



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