



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 lives.

Visit [projectlaunch.org](http://projectlaunch.org) for information and ideas on how to spend your five!

Raining or sunny, try baking cookies or a pie. That smell will fill up the house, and outside if you open the windows! Whatever you make, the five minutes or more that you spend with your child will help them develop into productive adults!



TAKE  
5 MIN...



# TO OPEN THEIR HEART AND MIND

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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.

