

COMMUNITY RESOURCES

Provides help for hungry callers.
OPERATION FOOD SEARCH
 (314) 726-5355 (Hunger Hotline)
www.operationfoodsearch.org

Provides shelter, education and counseling to battered women and their children.
ST. MARTHA'S HALL
 (314) 533-1313
www.saintmarthas.org

Provides assistance with utilities, rent, and food.
SALVATION ARMY
 1130 Hampton
 St. Louis, MO 63110
 (314) 646-3000
www.salvationarmy.org

For men only. Six-week family formation program from 7:45am-4pm. Provides information for parenting, employment and Child Support Services. Men must be at least 18 years of age.
FATHER'S SUPPORT CENTER
 4411 N. Newstead
 St. Louis, MO 63115
 (314) 333-4170
www.fathersupportcenter.org

Provides information on various parenting topics. The hospital also provides events in the metro area.
ST. LOUIS CHILDREN'S HOSPITAL FAMILY RESOURCE CENTER
 One Children's Place
 St. Louis, MO 63110
 (314) 454-2350
www.stlouischildrens.org

1717 Biddle
 St. Louis, MO 63107
 (314) 814-8616
www.gracehill.org

2600 Hadley St.
 St. Louis, MO 63106
 (314) 584-6858
www.gracehill.org

Temporary safe haven for children of families experiencing a crisis. Provides residential care for children birth through age 10 on a short term basis.
GRACE HILL SETTLEMENT HOUSE
 2401 N. Grand
 Outreach Center - St. Louis City
 St. Louis, MO 63106
 (314) 533-6900
www.crisisnurserykids.org

Provides in home visits from a Registered Nurse. Provides a medical assessment, and teaches parenting skills, infant CPR and choking techniques.
PARENTS AS TEACHERS
 St. Louis Public Schools
 801 N. 11th St.
 St. Louis, MO 63102
www.parentsteachers.org

Provides parenting resources and in home visits to families with children under five.
BIG BROTHERS BIG SISTERS OF EASTERN MISSOURI
 501 N. Grand Blvd, Suite 100
 St. Louis, MO 63103
 (314) 361-5900
www.bbbs.org

Provides children with an adult volunteer who serves as a mentor, role model and friend.
NURSES FOR NEWBORNS FOUNDATION
 7259 Landdowne
 St. Louis, MO 63119
 (314) 544-3433
www.nfnf.org

Provides information on various parenting topics. The hospital also provides events in the metro area.
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 One Children's Place
 St. Louis, MO 63110
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 1717 Biddle
 St. Louis, MO 63107
 (314) 814-8616
www.gracehill.org

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WHAT CAN YOU DO IN 5 MINUTES?





Human relationships are the foundation of every child's early social and emotional development and healthy well-being. Engaging with your child at least five short minutes each day can make a world of difference in their life. 5 Minute Miracle provides fun, age-appropriate activities and messages for children from birth to age eight that help to establish and maintain trusting and caring relationships in both the home and in the community. Create a miracle in your child's life. The relationships - and the results - will last a lifetime.

Visit stopandplay.org or call (314) 534-6015 for information and ideas on how to spend your five!

NOTES

Want a place to record the fun activities do you do with your child each month?

Use this area to note ideas for future activities or to make a note of the fun activities you have experienced with your child.

Visit stopandplay.org or call (314) 534-6015 for information and ideas on how to spend your five!



WHAT CAN YOU DO IN 5 MINUTES?



CREATE ENDLESS CURIOSITY

Playing chess with your child not only helps develop their ability to think and plan, but it's a great way to spend at least five minutes with your child.



2014

DECEMBER

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

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WHAT CAN YOU DO IN 5 MINUTES?

MAKE A DIFFERENCE IN YOUR CHILD'S LIFE

Brushing twice a day provides two opportunities to spend five minutes or more with your child. It not only helps enhance their social and emotional development, it also gets them in the habit of lifelong dental care.



2015

JANUARY

Studies show that spending five minutes or more with your child doing things like shopping, scrapbooking or writing thank you cards together will help your child's social and emotional well-being for the rest of their life.

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WHAT CAN YOU DO IN 5 MINUTES?

IMPACT THEIR WORLD

Looking for fun ideas on spending five minutes or more with your child? How about teaching them how to play dominos or helping them build a structure. Either way, that time will make a lasting effect on their social and emotional development.



2015

FEBRUARY

Studies show that spending five minutes or more with your child doing things like building, playing hide-and-seek or doing a puzzle will help your child's social and emotional well-being for the rest of their life.

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WHAT CAN YOU DO IN 5 MINUTES?

TOUCH THEIR LIVES FOREVER

Spring is coming, and with that change comes more ideas of how to spend time with your child. Playing hoops with your child gives you a chance to spend at least five minutes that will make a lifetime of difference.



2015

MARCH

Studies show that spending five minutes or more with your child doing things like playing a sport, going to the playground or doing the dishes together will help your child's social and emotional well-being for the rest of their life.

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WHAT CAN YOU DO IN 5 MINUTES?

MAKE A BIG DIFFERENCE

It's starting to warm up, take off those mittens and get your hands dirty! Show them how to plant flowers or even veggies. Five minutes or more with your child spent learning a new activity will open their minds and hearts.



2015

APRIL

Studies show that spending five minutes or more with your child doing things like planting, Spring cleaning or going to the library together will help your child's social and emotional well-being for the rest of their life.

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WHAT CAN YOU DO IN 5 MINUTES?

HELP CREATE A LIFETIME OF GROWTH

Everyone loves bubbles! Taking five minutes or more outside to see who can blow the biggest one helps develop your child's confidence and sense of achievement!



2015

MAY

Studies show that spending five minutes or more with your child doing things like blowing bubbles, walking or writing a song together will help your child's social and emotional well-being for the rest of their life.

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WHAT CAN YOU DO IN 5 MINUTES?

GIVE YOUR CHILD A BRIGHTER FUTURE

Looking for a way to spend your time? It's warm outside, let's get on our bikes or scooters and roll down the block. However you spend it, take at least five minutes daily to help your child discover new worlds!



2015

JUNE

Studies show that spending five minutes or more with your child doing things like biking, going on picnics or catching fireflies will help your child's social and emotional well-being for the rest of their life.

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Visit stopandplay.org or call (314) 534-6015 for information and ideas on how to spend your five!

WHAT CAN YOU DO IN 5 MINUTES?

CREATE LASTING CONFIDENCE

July is the month of our nation's birth, but it's also a great time to head out and try to touch the sky! And once it's getting late, start counting stars before bedtime. Five minutes or more a day with your child will show them how to soar into their future!



2015 JULY

Studies show that spending five minutes or more with your child doing things like going to the park, picking flowers or playing outside will help your child's social and emotional well-being for the rest of their life.

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RAISE PRODUCTIVE CHILDREN

Hip-hopping, skipping or strolling down the street with your child doesn't just get them outdoors, it helps them grow. Five minutes or more daily with your child impacts their social and emotional development.

WHAT CAN YOU DO IN 5 MINUTES?

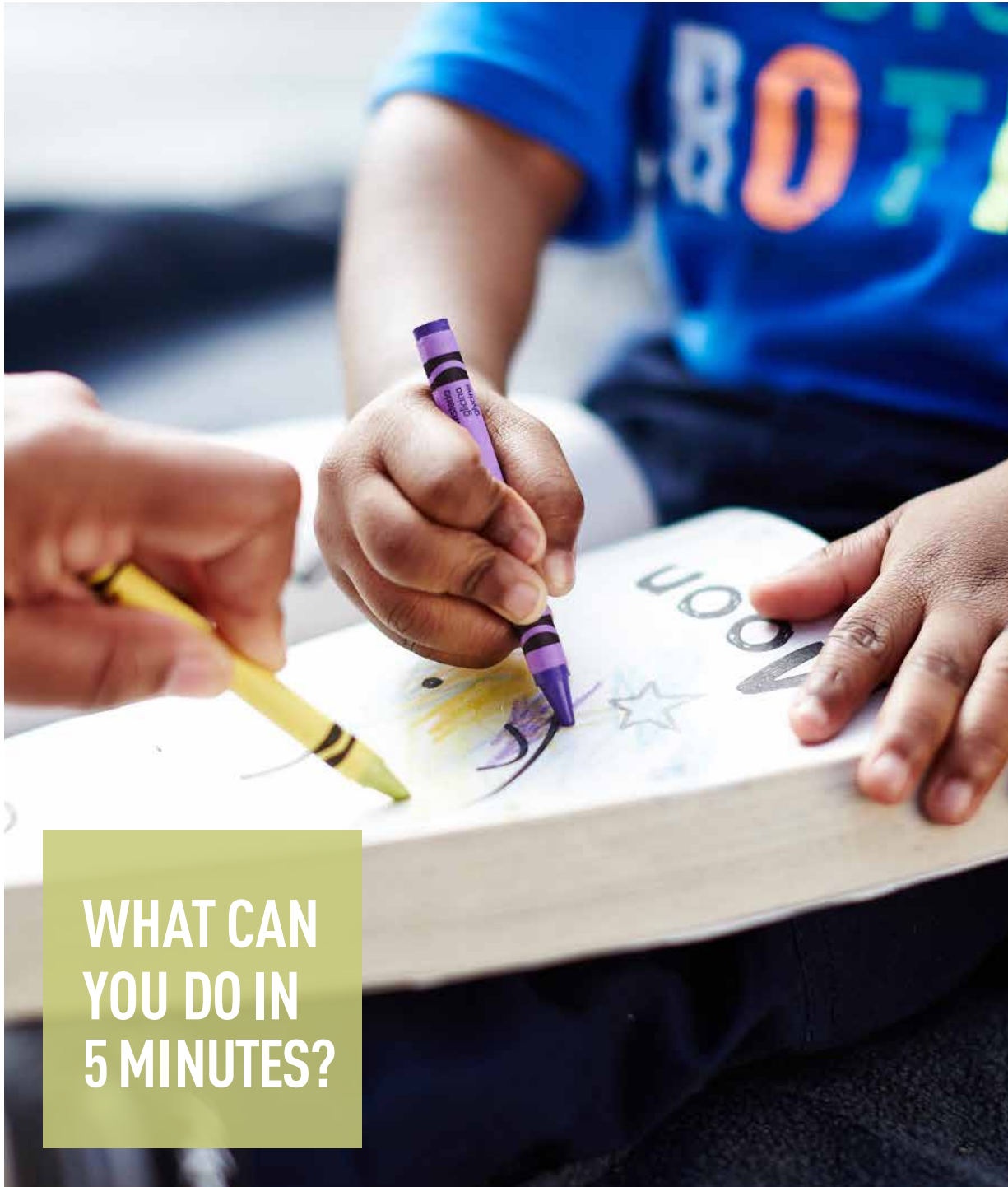


2015 AUGUST

Studies show that spending five minutes or more with your child doing things like walking, playing hopscotch or visiting a friend or family member together will help your child's social and emotional well-being for the rest of their life.

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REMOVE THEIR BOUNDARIES

Spending at least five minutes drawing or coloring with your child, not only allows them to be creative, it will also make a huge difference in their social and emotional development. A little bit time doing arts and crafts goes a long way!

WHAT CAN YOU DO IN 5 MINUTES?



2015

SEPTEMBER

Studies show that spending five minutes or more with your child doing things like drawing, arts and crafts or playing cards will help your child's social and emotional well-being for the rest of their life.

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WHAT CAN YOU DO IN 5 MINUTES?

MAKE A DIFFERENCE FOR A LIFETIME

Teaching your child to tie his shoes or how to dress herself for the cooler weather is a great way to spend at least five minutes together. It will also help shape their social and emotional development.



2015

OCTOBER

Studies show that spending five minutes or more with your child doing things like collecting colorful leaves, dressing up in costumes or making a jack-o-lantern will help your child's social and emotional well-being for the rest of their life.

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Visit stopandplay.org or call (314) 534-6015 for information and ideas on how to spend your five!



OPEN THEIR MINDS AND HEARTS

Can't wait for the end of the month and great food? Have your child help you make a pie, a cake or decorate cookies. Whatever you make, it is a great way to spend at least five minutes together.

WHAT CAN YOU DO IN 5 MINUTES?



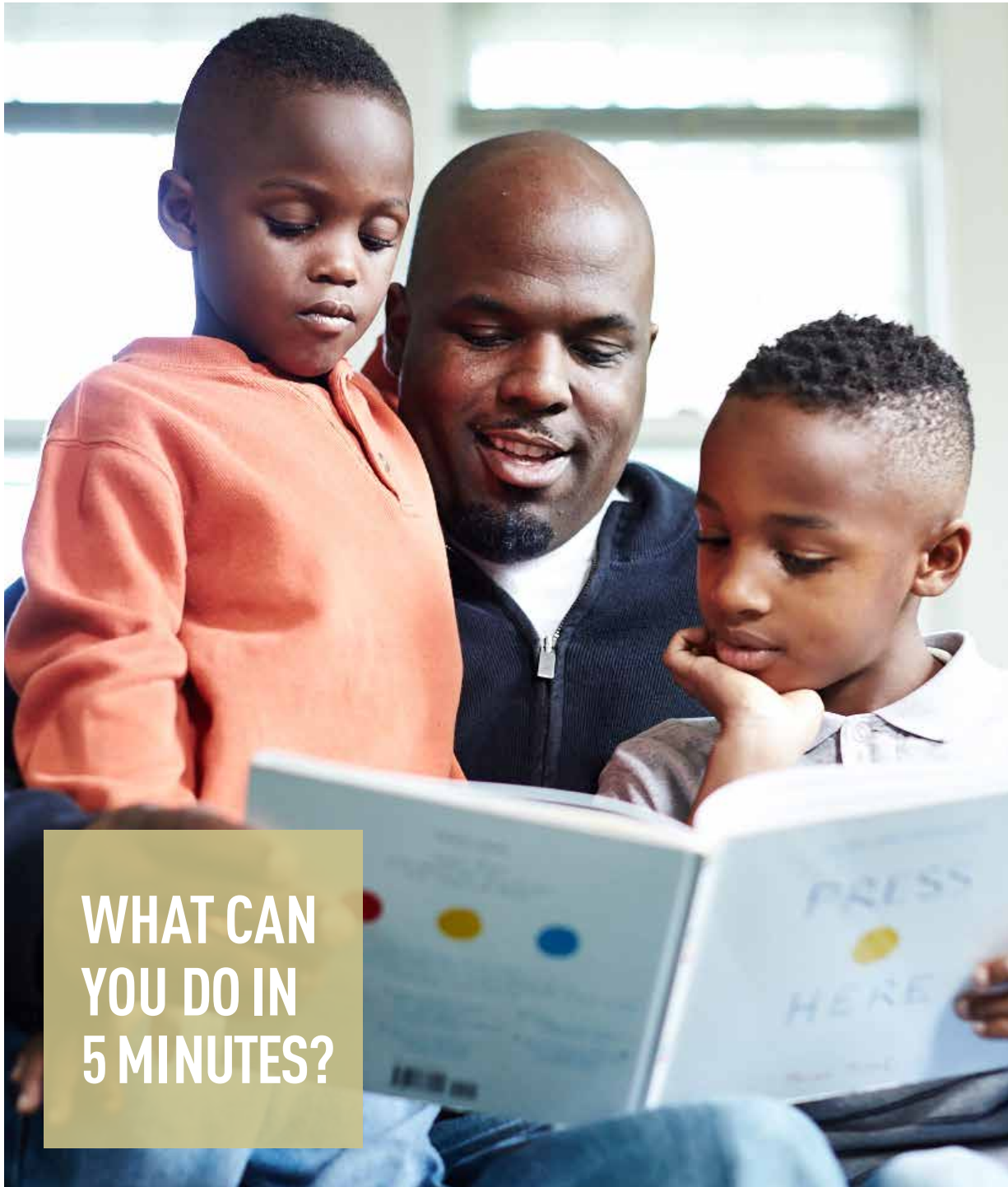
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NOVEMBER

Studies show that spending five minutes or more with your child doing things like cooking, exercising or making holiday greeting cards together will help your child's social and emotional well-being for the rest of their life.

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SHAPE THEIR WORLD

End of the year and the holidays are everywhere! Reading a book in the morning or before bed is a great way to spend five minutes or more with your child and impact them forever.

WHAT CAN YOU DO IN 5 MINUTES?



2015

DECEMBER

Studies show that spending five minutes or more with your child doing things like reading, decorating or baking cookies together will help your child's social and emotional well-being for the rest of their life.

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WHAT CAN YOU DO IN 5 MINUTES?



CHANGE THEIR WORLD

Spending at least five minutes snuggling with your child will not only strengthen your bond with them, but it will enhance their social and emotional development.



2016

JANUARY

Studies show that spending five minutes or more with your child doing things like telling bedtime stories, talking or singing will help your child's social and emotional well-being for the rest of their life.

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