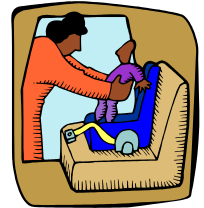


If children could tell you.....

When I do something that makes you mad, don't ever shake me, hit me or tell me I'm bad. Take time to cool down and then come talk to me.

When you have an errand, never leave me in the car alone, not even for a minute. I get scared and there are so many things that could happen to me.



When it's time to eat, don't shout at me or try to force me to eat. My stomach is small so I like small helpings, and it may take me a few times of trying a new food before I decide if I like it or not.



When it's time to go to sleep, try and make it the same time every night. I like a routine such as reading a favorite book or singing a favorite song.

Be patient with me if I spill my milk. Don't yell at me. My hands are so little, and I am trying so hard.



Don't let me watch TV too much. There are so many other things I could do such as play with you, dance and sing, "read" a book or run and jump outside.



Comfort me when I am crying. You won't spoil me. I need to be rocked, cuddled and loved a lot.

Most of all, enjoy me; I grow up so fast. Always remember that you are the most important person in my life.

Provided by the
Colorado Children's Trust Fund



*Because their hands
are in our hands...*