



# Tell ME

4ft

### All the Time

WHAT YOUR CHILD NEEDS TO HEAR OVER AND OVER

- You make me proud
- You are loved
- You are special
- You can do great things
- You are important

### At Bed Time

WHAT TO SAY TO YOUR CHILD AT NIGHT

- You are safe
- Keep learning
- Believe in your dreams
- You will go far in life
- Many people love you

3ft

### At Meal Time

WHAT TO SAY TO BOOST YOUR CHILD'S SELF-IMAGE

- You are strong
- Your ideas matter
- You can make good choices
- Tell me about your day

### At Play Time

WHAT TO SAY TO HELP YOUR CHILD BE A GOOD FRIEND

- Smile and be nice
- Take turns, it's OK to wait
- Share your toys
- Be a good listener
- Talk to others
- Breathe, stay calm

2ft

Hang bottom of chart 18" from floor. Mark your child's height.



[BoldBeginning.Org](http://BoldBeginning.Org)



[StartTalking.Ohio.Gov](http://StartTalking.Ohio.Gov)



The Office of Prevention and Wellness  
Bureau of Children and Families

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