

Did You Know?

Predictable routines lower stress
and increase self-esteem.



Make your child's world consistent.

- Set and follow a regular schedule
- Make and enforce rules
- Do things in the same order each day
- Have meals and bedtimes at regular times



*Better
Brains
for
Babies*

You can make a difference!

www.bbbgeorgia.org

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**Georgia Division of Family
and Children Services**
Office of Prevention and Family Support