



Families are  
**Children's  
First  
Teachers**

**Ideas  
to Help  
Your Child  
Grow and  
Develop**



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**Family members are a child's first and most influential teachers.** You help your child grow and develop, encouraging her to learn to do things that are just beyond her reach. When a child feels safe and secure, she is more confident and will try new things, take risks, and gain new skills.

**From the moment your child is born, he or she is learning.** A newborn watches and listens as you figure out his needs and establish care and feeding routines. As he grows, he begins to explore the world around him with great curiosity and delight. He learns more from you about how people live and love. Your family's cultural heritage, values, and home language will influence who your child will become.

**The universe is a young child's curriculum!** Your home, your family life, and your life in your neighborhood and community are your child's universe.

**In order to teach your child, you do not need to buy any special toys or games, or have any specific training.** You can teach your child as you prepare a meal in the kitchen, as you do household chores like sorting laundry, as you drive in the car, and as you walk through the grocery store together. Your child will learn many concepts, ideas, and words as you go about your everyday lives.

**As educators, we are here to support both you and your child.**  
**Thank you for allowing us to be part of your children's lives.**



Download the **"Families are Children's First Teachers"** materials and related documents at [www.newmexicokids.org](http://www.newmexicokids.org) under the Caregivers & Educators tab.

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