



FIVE FOR FAMILIES IDEA

## Parenting on the Go

---

Having interesting things to do supports children's learning and prevents problem behavior. With a little preparation, you can share quality time with your child when you are out and about.

**Get equipped:** Pack a bag of toys, books or art supplies that you can take anywhere.

**Play while you wait:** Play, draw or read together in long lines and waiting rooms.

**Enjoy the ride:** Bus or car trips are a great time to talk, tell stories or play "I Spy."

**Share daily chores:** Talk to your baby as you do errands, encourage little ones to help and allow older kids to share decision making.