

WIC Healthy Children Ready to Read
"7 Super Things Parents and Caregivers Can Do"
Bookmark Order Form

The WIC Healthy Children Ready to Read Initiative promotes early childhood reading by WIC agencies. The "7 Super Things Parents & Caregivers Can Do" bookmark was developed by the U.S. Department of Education and Health and Human Services. The bookmark is an excellent tool WIC clinics can distribute to parents and caregivers to encourage them to read to their children and support reading readiness.

The bookmark, as shown on this order form, is double-sided with text in English on one side and Spanish on the other side. These free bookmarks may be ordered in bulk while supplies last. Bookmarks may be ordered via fax, mail or email as follows:

***FAX your order to (703) 305-2196;**
***MAIL your order to:** Supplemental Food Programs Division
3101 Park Center Drive, Room 520
Alexandria, VA 22302

OR
***ORDER via the WIC Web Site at:** <http://www.fns.usda.gov/wic/>

Please send _____ 7 Super Things Parents & Caregivers Can Do Bookmarks

Mail the bookmarks to: (please print)

Name/Title _____

Agency _____

Street Address _____

City _____

State _____ **Zip Code** _____

Phone _____ **Fax** _____



1. Talk often with your children from the day they are born.
2. Hug them, hold them, and respond to their needs and interests.
3. Listen carefully as your children communicate with you.
4. Read aloud to your children every day, even when they are babies. Play and sing with them often.
5. Say "yes" and "I love you" as much as you say "no" and "don't".
6. Ensure a safe, orderly, and predictable environment, wherever they are.
7. Set limits on their behavior and discipline them calmly, not harshly.

Early Childhood-Head Start Task Force
U.S. Departments of Education and Health & Human Services



WIC Makes a Difference
Food and Nutrition Service
Alexandria, VA
www.fns.usda.gov/wic