



1- SLEEP 🌙

2- MOVEMENT 🏃

3- NUTRITION 🍎

4- ROUTINE ☀️

5- LOVE 💖

LOVE

Be an example.
Show you love and care.

Spending time with your child and showing love fulfills a basic need that all children have. It's an investment of time that builds on itself, and one that can be harvested as they grow older.

*This message is brought to you by the
Count 5! Public Awareness Campaign
of Florence 1 Schools
and The School Foundation.*

www.count5.org

COUNT 5!

Today. Tomorrow. EVERY Day.

