EDUCATION

Tips for Birth to 5 years
- Make sure you take your child for regular checkups and keep immunizations up to date.
- Read and sing to your child.
- Play! Make learning fun.

Tips for Preparing Your Child for School and Life
- Get Involved! Make a point to communicate regularly with your child’s teacher.
- Help your child with schoolwork and ensure your child is ready and prepared for the following school day.
- Make sure your child has a quiet place to study and complete assignments away from distractions.
- Help your child read at grade level.

BASIC NEEDS

Tips for Job Seekers
- Be prepared! Practice before you go on an interview. Have a friend ask you questions.
- Make sure you talk about your skills.
- Ask questions. This shows your interest in the job and the company.

Tips for Making a Dollar Stretch
- Purchase shelf staple items such as dried beans and rice and items on sale.
- Make sure doors and windows are sealed properly so heat or cool air won’t escape.
- Always, follow this simple tip: Pay rent or mortgage first, utilities second and then food. Write down everything you spend and keep track of where your money is going.

HEALTH

Tips for Improving Health
- Drink lots of water!
- If you smoke — quit. Not only will this improve your health, but you will save money!
- If possible, get a flu shot. It will help you stay out of the doctor’s office and you won’t miss work and/or school.

Tips for Fitness
- Walk, Walk, Walk!
- Get outside and play!
- Take advantage of what your community has to offer, such as recreation activities and events. Visit www.ourunitedway.org/Play60.