

# The Basics Sullivan

Give Your Child the Gift of a Healthy Start:  
5 Principles for Early Childhood Success



## Science shows that 80% of brain growth happens by the age of three.

Beginning from birth, young brains develop like little muscles, getting bigger and stronger the more you and your family interact with your child. The 5 principles learned in this training include: maximize love, manage stress; talk, sing and point; count, group and compare; explore through movement and play; and read and discuss stories. Pregnant women, expectant and new parents, and any family members or caregivers are invited to participate in this important program.



*Building a healthy community, one degree at a time*



### Basics Sullivan Leader Training

We need you! Be part of the movement to lead a Basics Sullivan group in your community. Learn more about The Basics and the potential to earn money leading a program.

July 19th • 2–4pm  
United Methodist Church of Liberty  
170 Main St. Liberty, NY 12754

Everyone trained receives a free leader tote bag with everything you need to start your group.

To register, call 845-295-2680 or email [info@sullivan180.org](mailto:info@sullivan180.org)



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