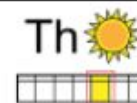
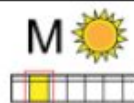


To help my child's physical development:



I will sit my child up for at least 15 minutes, 3 times each day.



I will change my child's position (from side to side) at least every 2 hours.



I will put braces on my child each day, if needed.



I will give my child time to move around each day.



I will give my child time to play with appropriate toys each day.