

EVERY TIME YOU  
PLAY WITH  
YOUR KIDS  
YOU MAKE THEM  
HEALTHIER.



## THE RESILIENCE PROJECT

American Academy of Pediatrics  
DEDICATED TO THE HEALTH OF ALL CHILDREN™



DEFENDING  
CHILDHOOD  
PROTECT HEALTH THRIVE

It's true. Scientists have discovered that the more quality time you spend with your kids, the mentally and physically healthier they'll be. Just like regular check-ups or shots, you have the power to help keep your kids well today—and into adulthood. And it can be as easy as reading to them, playing with them, or simply snuggling.

Ask your doctor about the many wonderful ways you can help keep your child—and yourself—happier and healthier. [aap.org/theresilienceproject](http://aap.org/theresilienceproject)

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