

DOCTORS CAN HELP  
MAKE YOUR  
KIDS WELL  
BUT ONLY YOU CAN  
MAKE THEM  
THRIVE.



# THE RESILIENCE PROJECT

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



DEFENDING  
CHILDHOOD  
PROTECT HEALTHRIVE

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)

This content was produced by the American Academy of Pediatrics under award #2012-VF-GX-K011, awarded by the Office for Victims of Crime, Office of Justice Programs, US Department of Justice. The opinions, findings, and conclusions or recommendations expressed are those of the contributors and do not necessarily represent the official position nor policies of the US Department of Justice.

