

I COMMIT TO COUNT 5!

COUNT 5! is a Public Awareness Campaign of Florence 1 Schools and The School Foundation.

The September 2018–February 2019 Campaign challenges parents and caregivers to take part in monthly COUNT 5! activities and commit to using the **Five Golden Keys** daily.

I will commit to using the **5 Golden Keys** with my child every day.

SEPTEMBER - **SLEEP** 🌙 - 10 hours every night

OCTOBER - **MOVEMENT** 🏃 - Lots of outdoor play

NOVEMBER - **NUTRITION** 🍷 - Eat and prepare healthy food together

JANUARY - **ROUTINE** ☀️ - Develop a child-friendly schedule and stick to it

FEBRUARY - **LOVE** ❤️ - Be a role model when showing and expressing love



YOUR NAME

I commit to making the **Five Golden Keys** an important part of the care I give my child every day.

STREET ADDRESS

CITY STATE ZIP CODE

EMAIL

PHONE RECEIVE TEXTS?

I would like to receive more information about parenting skills, tips, and activities.

SIGNATURE

www.count5.org

[#Count5Florence](https://twitter.com/Count5Florence)

