

Dear Parent,

We hope you have had an excellent HealthySteps experience!

You arrived with a brand-new baby, and were perhaps a brand-new parent yourself. You've watched your child grow from a newborn to a smart, skilled toddler. From a helpless baby to a walking-and-talking young person who's learning every day.

You have given your child a great start, with so much excitement to come. Remember that parenting is not just a role, *it's a relationship*. Your relationship with your child will continue to be a unique and vital one—even when your child has become an adult.

You've grown your confidence as a parent in many areas—from sleep to toileting to tantrums. You've tried on new perspectives and tested various approaches. You've also learned how to meet the needs of your child. We hope you've also learned that your needs and well-being are important, too.

Keep connected with your little one, all the while caring for yourself, too.

Sincerely,

