

# #AreYouKiddingMe?

“A sense of humor can boost children’s self-esteem, make them more optimistic, and even improve their physical health.”  
-Nemours



Laughing together is a great way for parents to connect with their children, and **a sense of humor has many benefits for children’s health and development.**

You can help develop your little one’s sense of humor from birth! Baby smiles and giggles intuitively ask us to be present and delight in the moment.



Play games, watch funny cartoons together, and share jokes. Love and laughter are a perfect combination to make children feel good.

**If we can find time to play and connect with our kids, it always leads to laughter...so go ahead, make a knock-knock joke and laugh together!**

The  
**Children’s  
Movement**  
of Florida



Florida Power & Light Company is proud to support the efforts of The Children’s Movement of Florida.

CHANGING THE CURRENT. 