

HELPING YOUR CHILD GET READY TO LEARN

NEWCOMER
PARENT
RESOURCE
SERIES

You are your child's greatest teacher. Every day, they watch you, listen to you and learn by example. You are also your child's most important source of support—and since children do best when they grow up in a healthy environment where they feel safe, respected and loved—the way you care for them will have a great impact on how well they will learn.

Here are seven important things you can do to help your child learn:

1. LOVE THEM.

Be warm and loving with your child. Show your love by watching them, responding warmly to their cues and helping them when they need you. Be positive and help your child to feel that they are special and important.

2. LISTEN TO THEM AND TALK TO THEM.

When you talk with your child, give them your full attention. This will help them learn how to communicate with you and others. Telling stories, singing, rhyming and reading together also improve listening and speaking skills.

3. PLAY, PLAY AND PLAY SOME MORE.

When you spend time playing with your child you encourage their growth and development. Notice what they like to play, join in the fun and try new things together. You can also take your child to play groups and programs for families to help them get used to playing with other children.

4. MAKE TIME FOR DAILY ACTIVE PLAY.

Young children need to be active every day. Running, balancing and climbing build strong bones and muscles, develops skills and improves overall health and happiness.



5. ENCOURAGE HEALTHY EATING.

Your child needs healthy food and healthy eating patterns to grow strong and healthy. Nutritious foods give your child energy to learn, play and develop. Sit with your child when they eat at regular times of the day. This is also an ideal time to connect.

6. CREATE DAILY ROUTINES.

Routines can help children to feel more secure. They can also decrease difficult behaviour and increase independence. Have daily routines for waking up, washing, toileting, dressing, eating meals and snacks, going to bed and playing (actively and quietly). Sometimes, program or school routines need to be adjusted to help a child who has a special need. For example, some children need more help or time to use the toilet or to settle in for a nap.

7. MAKE SURE YOUR CHILD HAS REGULAR HEALTH AND DEVELOPMENT CHECK-UPS.

Children learn best when they feel well, can hear and see well, and are eating healthy food. Health checks and immunizations help to keep your child healthy. If you are worried about your child's development or how they're doing in the program you can also talk to the program staff.

Adapted with permission from the Best Start Resource Centre.

Visit cmascanada.ca/cnc/parents for more multilingual parent information



SUPPORTING CHILD CARE IN THE SETTLEMENT COMMUNITY / SOUTIEN DE LA GARDE DES ENFANTS DANS LA COMMUNAUTÉ DE RÈGLEMENT

Funded by: Immigration, Refugees and Citizenship Canada / Financé par : Immigration, Réfugiés et Citoyenneté Canada