



HELLO PARENTS,

Self-esteem is the foundation of your child's well-being and the key to their success as an adult. A confident child who grows up with healthy self-worth will have a realistic understanding of their strengths and weaknesses, enjoying the strengths and working on the problem areas. Therefore, it is important for parents to create home environments where children have plenty of opportunities of doing and learning for themselves, trying new things and testing their ideas. In this newsletter, we provide you with ideas that will support your child's curiosity, encourage them to explore, and help them develop confidence in their own abilities.

ACTIVITIES

INFANTS (3 -18 MONTHS)

MIRRORING

DIRECTIONS:

- Sit in front of your child and start making tapping motions on a table or floor. Observe if your infant tries to imitate your actions.
- Start slowly and pause every now and then so that your child can follow you easily.
- Pay attention to any initiations from your infant and follow their lead.
- Continue this activity, adding other actions such as clapping, waving or making kissing sounds.
- This is a non-verbal conversation between you and your child. It supports building the emotional bond between the two of you, and gives your child an opportunity to experience their own abilities.

[Click here](#) for more ideas.

TODDLERS (19 MONTHS – 2.5 YEARS)

LET'S GO FISHING

MATERIALS:

- Large tongs
- Small toys (cars, balls, stuffed animals)
- Bucket or box
- Blue blanket (optional)

DIRECTIONS:

- If you are using a blue blanket, spread it on the floor. This will be a pretend lake.
- Tell your child that you are going fishing together.
- Place all the toys on the blanket or on the floor.
- Encourage your child to use the tongs to "catch the fish" (toys) one by one and place them in the bucket or box.
- Count together how many "fish" they caught.
- Your child may use the tongs to pick up other objects around the house or outside.
- Learning to use this simple tool (tongs) and mastering it will give your child a great sense of satisfaction.

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

SNIP, SNIP

MATERIALS:

- Paper
- Sand paper or card stock (optional)
- Scissors
- Marker

DIRECTIONS:

- Together with your child draw lines, shapes, designs, zig zags, etc. on different pieces of paper.
- Have your child use scissors to cut along the lines.
- To make it more challenging, use sand paper or card stock.
- Write a date on each piece of paper that your child cut to create a timeline of your child's progress.
- Later on, sit together to compare the cut-outs from different periods and encourage your child to reflect on their own progress.

[Click here](#) for more ideas.

JK/SK (4 – 6 YEARS)

NAME PUZZLE

MATERIALS:

- Paper
- Coloured pencils or crayons
- Scissors
- Ruler

DIRECTIONS:

- Ask your child to draw a large picture of their favourite object. For example: an animal, a heart, a rainbow, a self-portrait, etc.
- Help your child to write their name on top of the picture in very large letters so that your child's name spreads between the left and right edge of the paper. Leave equal spaces between each letter.
- Using a ruler, help your child to draw vertical lines between each letter of their name, going from the top to the bottom of the page.
- Ask your child to cut the picture into strips along the lines.
- Your child has made their own name puzzle!
- Encourage your child to practice putting the puzzle together to spell out their name. The picture below will serve as an additional guide to complete the puzzle.

[Click here](#) for more ideas.

SCHOOL-AGERS (6 – 12 YEARS)

MOOD DRAWING

MATERIALS:

- Paper
- Coloured pencils

DIRECTIONS:

- Sit with your family or friends and ask this question: "If your mood was a colour today, which colour would it be?"
- Now ask everyone to make a drawing using only that colour (you can use different shades of the same colour).
- As you are drawing, talk to the participants about the colours they chose, why they picked these particular colours to reflect their mood and what other colours mean to them.
- When everyone is done, put all drawings on display for all to appreciate.

[Click here](#) for more ideas.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Encourage your child to do things for themselves and offer help when they become frustrated.
- Encourage your child to figure out what to do. Allow them to "trip, fall and fail" and learn from mistakes.
- Guide and encourage your child to problem-solve so they can experience a sense of achievement when they have worked something out for themselves.
- Children learn best through self-guided play, so follow your child's lead in play to support their internal motivation to learn.