



## HELLO PARENTS,

Childhood memories are often precious moments in life which are cherished. These memories build a foundation which shapes your child's thoughts and perspectives throughout their lifetime. Positive childhood memories foster security and happiness in children, as they continue to grow and flourish. Throughout this newsletter, you will be provided with activities which will create childhood memories that you and your child will fondly remember and appreciate.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### CUDDLING

##### DIRECTIONS:

- Spend some quality time with your child. For example: read stories, sing songs, play peek-a-boo, hold and cuddle your child.
- Hold your child close and revel in the feeling of their tiny features under your gentle palms. Observe your child's reaction and non-verbal cues. You may comment, and say: "I love spending time with you, and holding you closely!"

[Click here](#) for more activities.

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### TREASURE BOX

##### MATERIALS:

- Box
- Glue
- Stickers
- Construction paper
- Favourite toys
- Old pictures

##### DIRECTIONS:

- Find some special items which belong to your child. For example: pictures of your child when they were younger, toys they used to play with, shoes and clothes that do not fit them anymore etc.
- Decorate the box with your child using the glue, stickers and construction paper.
- Put all of your child's special items in the box.
- From time to time take the box out and show your child all the items that are inside.
- Together, you may share stories and memories of these items.

[Click here](#) for more activities.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### TREASURED HANDPRINTS

##### MATERIALS:

- Paper
- Pencil
- Markers
- Box

##### DIRECTIONS:

- Every year on your child's birthday, let your child make a handprint and write their name and age under it. Put the handprints in a box as a keepsake.
- Year after year, you can see their hands getting bigger and how their writing skills have improved.
- Encourage them to write in their favourite colours and ask them to draw something that is special to them.
- See how this changes over time.
- The handprints could be cut out, stapled at the wrist and made into a flip-style book; a lovely memento of their growth.

[Click here](#) for more ideas.

### JK/SK (4 – 6 YEARS)

#### SCRAPBOOK

##### MATERIALS:

- Pictures of your family memories
- Scrapbook or notebook paper
- Markers
- Glue or tape
- Stapler

##### DIRECTIONS:

- Together with your child, choose several photos of important memories.
- Your child may glue or tape these pictures to the scrapbook or notebook pages.
- Decorate the scrapbook pages creatively to showcase the memories in the photos.
- Help your child to bind the pages together. You may do this by stapling the pages together.
- You have made a scrapbook of precious memories to cherish.

[Click here](#) for more activities.

### SCHOOL-AGERS (6 – 12 YEARS)

#### MY DIARY

##### MATERIALS:

- Notebook
- Pen
- Markers

##### DIRECTIONS:

- Create a special diary, where you can record some of your favourite activities, days, or special moments.
- You can write as well as add photos and drawings.
- Reflect upon why each moment is special to you: Who was part of this memory? What happened? Where did the memory take place? When was the special moment? Why is it important to you? Etc.
- Each year, you may make a new diary. Over the years, you can reflect upon the wonderful memories that you have made.

[Click here](#) for more ideas.



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and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

#### A TIP FOR TODAY

- Schedule one-on-one time with each of your children and consider these "dates" as important as any other commitment on your calendar.
- Find creative ways to tell your children how much they mean to you.
- Make holidays unique. You can do this by starting new traditions or re-creating old ones.
- Find a way to record special moments.
- Cherish every moment with your child.