



HELLO PARENTS,

The bond between a parent and a child is a unique emotional connection that begins at birth and continues throughout their lives. It grows stronger as families go through shared experiences and spend quality time together. Children who have healthy attachments with their parents feel secure and understood, are able to regulate their emotions, and are more confident and optimistic. They are also better equipped to form healthy relationships with other people in their life. In this newsletter, we provide you with activities that can strengthen the bond with your child.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

KANGAROO CARE

MATERIALS:

- Blanket

DIRECTIONS:

- Find a quiet and comfortable spot.
- Position your infant on your chest and cover them with a blanket. Take in the moment and relax together.
- This bonding time helps parent and child to connect, lowers stress levels, and provides feelings of warmth and comfort.
- During this time, you can talk quietly, sing or hum to your baby.
- You can move on to other activities when your child gives you signals that they are ready. For example, they can start fussing and try to get off your chest.

[Click here](#) for more ideas.

TODDLERS (19 MONTHS – 2.5 YEARS)

BONDING WITH BOOKS

MATERIALS:

- Your child's favourite book

DIRECTIONS:

- Set up time to read with your child every day.
- Let them pick the book. Your child may prefer to read the same book every day for some time.
- Show your child the cover page and talk about what you see there.
- Wonder together what the book is about.
- Encourage your child to turn the pages.
- Read slowly so that your child can process what they are hearing.
- Respond to your child's reactions, such as pointing to pictures, making comments or sounds, etc.
- At key points in the story, pause to encourage your child to make comments or ask questions.
- Point to things in the book that your child can relate to.

[Click here](#) for more ways to bond with your child.

PRESCHOOLERS (2.5 – 5 YEARS)

IT IS A ... SURPRISE!

DIRECTIONS:

- Start the game by holding out closed fists to your child and saying: "Pick one."
- When your child touches one of your fists, turn it over so they can open it. As they pry your fist open, you say: "It is a ... hug!" and then give your child a surprise hug.
- Other surprises for this game could be: a kiss, a tickle, hair mess-up, or something else that your child would enjoy.
- Have your child take a turn to give you a surprise, too.
- Play this game often, offering your child little surprises throughout the day.

[Click here](#) for more ideas.

JK/SK (4 – 6 YEARS)

LET'S PHOTOGRAPH

MATERIALS:

- Camera

DIRECTIONS:

- Go for a walk with your child and bring a camera with you.
- Have your child take photographs of different things. You can also choose a theme, for example buildings, flowers, trees, favourite things, etc.
- Encourage your child to experiment with different perspectives, getting closeups, or photographing the same object from different angles.
- Review the images together and encourage your child to talk about what they like about their images and what they would like to improve or do differently next time.
- Help your child assess their photographs by noticing colours, composition, lines, etc.
- Give your child positive feedback – it will inspire them to continue this hobby.
- Together, you can make photo albums (digital or books) from each outing or group the photos by themes.

[Click here](#) for basic photography tips for children.

SCHOOL-AGERS (6 – 12 YEARS)

COOKING TOGETHER

MATERIALS:

- Notebook
- Pen

DIRECTIONS:

- Invite your parent to make a meal together every Saturday.
- Together, create a list of dishes that you would like to make.
- Choose one dish and research the internet or cookbooks for a recipe.
- In your notebook, write the name of the dish and copy the ingredients.
- Go shopping together with your parent.
- When you are making the dish, assign each of you tasks, such as chopping, measuring, blending, etc.
- Invite other family members to try the dish that you and your parent have made.
- Collect the recipes of your favourite dishes and add them to your recipe book.
- You and your parent can create original recipes and try them with the whole family.

[Click here](#) for more ideas.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Be supportive and reassuring when interacting with your child.
- Be physically and emotionally available when your child needs you.
- Have your family eat at least one meal together every day.
- Go on family walks, play games or find fun ways to spend time together as a family.
- Tell your child that you love them every day.