



HELLO PARENTS,

Safety is a top priority for every home and child. Children need a safe place where they can be comfortable learning about their surroundings. They depend on adults to meet their basic needs for food, water, shelter, and clothing. They also depend on adults to protect them from harm. Feeling safe allows children to build relationships, become confident, and meet their potential. We cannot expect children to learn if they do not feel safe. In this newsletter, you will find activities that will help your child to explore their world safely.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

PLAY AIRPLANE

DIRECTIONS:

- Place your child tummy down on your arm with your hand on the chest (similar to football hold).
- Use your other hand to secure your child (supporting head and neck).
- Comfort your child and tell them: "I will help you fly, you are safe and will not fall".
- Gently swing your child back and forth.
- Walk your child around the room making airplane noises.
- Comment on what your child is doing, observe their reaction, and adjust the moving speed based on how they like.

[Click here](#) for more ideas.

TODDLERS (19 MONTHS – 2.5 YEARS)

FILL AND WASH

MATERIALS:

- Plastic cars, dolls, or small animals
- Sponge
- Soap (optional)

DIRECTIONS:

- Fill up the sink with water. You can add soap.
- Talk to your child about the amount of water you put in.
- Encourage your child to wash their toys.
- When they finish, talk about how to drain the water.
- Your child may want to repeat filling up the sink and draining it.

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

FOLLOW THE TRAFFIC LIGHTS

MATERIALS:

- 3 paper plates
- Markers (red, yellow and green)

DIRECTIONS:

- Ask your child to colour the three paper plates in red, yellow and green.
- Discuss with your child about the traffic lights and make three instructions related to the colours of traffic lights.
- Start to play the game: call out the instructions and pretend to direct traffic.
- Encourage your child to stand very still and silent if "red" is called while holding the red plate; move around quite fast if "green" is called while holding the green plate; move around in slow motion if "yellow" is called while holding the yellow plate.
- Take turns to direct the traffic and shout the instruction.
- When you have a chance to cross a road, ask your child to observe the real traffic lights and learn basic safety rules.

[Click here](#) for more activities.

JK/SK (4 – 6 YEARS)

SCHOOL BUS SAFETY

MATERIALS:

- Chairs
- Paper plate

DIRECTIONS:

- Line up the chairs to create a school bus with your child.
- Demonstrate the correct way to enter the bus safely and sit on the seat properly.
- Invite your child to get on the bus and discuss with them the appropriate behaviours and inappropriate behaviours on the bus.
- Give your child a paper plate to use as a steering wheel and sing "The Wheels on the Bus" while acting out this song to make the experience more pleasant and relaxing.

[Click here](#) for more ideas.

SCHOOL-AGERS (6 – 12 YEARS)

HEALTHY PASTA DISH

MATERIALS:

- 1 box pasta
- 4 tbsp olive oil
- 1 clove fresh garlic, minced
- 3/4 cups zucchini, diced
- 2/3 oz baby spinach
- Salt and black pepper to taste
- 1/2 cup parmesan cheese

DIRECTIONS:

- Bring a large pot of water to boil and cook the pasta. Season water with salt to taste (optional).
- Heat olive oil in pan with garlic and cook until slightly yellow in colour.
- Add zucchini and baby spinach to the same pan, and season with salt and black pepper to taste. Cook over medium heat.
- Mix the cooked pasta with the zucchini and baby spinach and put parmesan cheese on the top.
- Enjoy your pasta dish.

[Click here](#) for more ideas.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Remove all hazards from the environment and teach your child how to explore and engage in activities safely.
- Have consistent routines and clear expectations which help reduce the risk of challenging behaviours.
- Observe your child's behaviour and adjust the setting to make play safe.
- Create safety challenges for your child and maintain a balance between minimizing hazards and maximizing exploration.