



## HELLO PARENTS,

Children care for and develop a sense of respect for one another, and their environment as they mature and grow. It is important that we encourage children to recognize their feelings, and allow them the space to express these emotions. Creating trusting foundational relationships with children and validating their feelings encourages them to maintain a sense of belonging. As children become self-regulated and confident in themselves, they will begin to also care for others, and respectfully consider the perspectives of their peers. This newsletter will provide activities that encourage your child to foster a respectful and caring nature for themselves, others, and their world.

## ACTIVITIES

### INFANTS (3 -18 MONTHS)

#### LOOK WHAT I CAN DO!

##### DIRECTIONS:

- Give your child the support they need, so that they learn how to trust themselves and others.
- For example:
  - Encourage your child to walk around a coffee table while holding onto the edge.
  - If they stop and look at you, smile and say: "Keep on going, I am here to support you!"
- Stay close to your child and continue to encourage them.
- Through interactions like this, you and your child will develop a strong and secure relationship.

[Click here](#) to listen to "Baby Care Song".

### TODDLERS (19 MONTHS – 2.5 YEARS)

#### CARING FOR MY TOYS

##### MATERIALS:

- Empty containers/baskets

##### DIRECTIONS:

- During play, if you see your child use their toys in a rough way, redirect them to play with care.
- When your child is finished playing with their toys, invite them to clean up.
- Sit beside your child and demonstrate how to pick up a container and drop a toy into it.
- Motivate your child to follow you and gently put their toys into the container.
- As they continue to clean up the toys, sing a song together with your child to make the clean-up time more pleasant.

[Click here](#) to listen to the "Taking care of my toys" song.

### PRESCHOOLERS (2.5 – 5 YEARS)

#### TOOTHPASTE TUBE

##### MATERIALS:

- Toothpaste
- Paper plate

##### DIRECTIONS:

- Invite your child to sit at a table or on the floor.
- Put a toothpaste tube and a plate in front of them.
- Allow your child to squeeze out all toothpaste onto the plate.
- Ask your child if they have ideas on how they could put the toothpaste back into the tube; and, let them try to do it.
- Explain to your child that words are like toothpaste. Once words leave our mouths, they cannot be put back.
- Have a conversation with your child about the importance of their words, and the impacts that they have on others.

[Click here](#) for more activities.

### JK/SK (4 – 6 YEARS)

#### RESPECT PICTURE BINDER

##### MATERIALS:

- Construction paper
- Pen/pencils/markers
- Binder clips
- Scissors

##### DIRECTIONS:

- [Click here](#) to listen to CPS educators read "Kindness Is My Superpower" by Alicia Ortego.
- Help your child to cut rectangles, all the same size, from the construction paper.
- Talk with your child about what respect means to them, and draw pictures illustrating their ideas on each rectangular piece of construction paper.
- Stack all pieces of construction paper and clip them with a binder clip. This is your child's "Respect picture binder".
- Ask your child to decide where they want to hang the binder so it could be seen easily and reached for reviews.
- They could add a new picture to their binder each day or every week.

[Click here](#) for more activities.

### SCHOOL-AGERS (6 – 12 YEARS OLD)

#### PHOTOGRAPHY EXHIBITION

##### MATERIALS:

- Poster
- Sticky notes
- Plain sticky labels
- Camera or cellphone
- Printer and paper (if you plan to print out the photos yourself)
- Coloured pencils

##### DIRECTIONS:

- Take photographs that show respect or disrespect within your community.
- Print the best photos for an exhibition.
- Write "Respect" in the center of a large poster.
- Put together your photos and attach the sticky notes to each photo.
- Write positive, negative, happy, or sad on the sticky notes to indicate whether the image shows respect or disrespect.
- Write a statement for each photo you took on the plain labels about why you took the photo.
- Stick the labels beside the photo.
- Invite your family members to add their own photos to the exhibition.

[Click here](#) for more activities



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and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

#### A TIP FOR TODAY

- [Model how to be compassionate to your child by being kind to others.](#)
- [Show your child how words can have a positive impact on others.](#)
- [Set realistic limits and expectations for your child and review them together.](#)
- [Be considerate; listen to others and respect differences of beliefs and opinions.](#)