



HELLO PARENTS,

Building healthy relationships with your child is essential to their growth and development. When children are secure in their relationships with trusting adults and peers, they will gain the confidence to continue to flourish. These relationships ensure that children feel supported, cared for, and nourished. Throughout this newsletter, you will be provided with activities that will encourage bonding, as you build the foundations of healthy relationships with your children.

ACTIVITIES

INFANTS (3 -18 MONTHS)

SPENDING QUALITY TIME

MATERIALS:

- Your child's favourite toys

DIRECTIONS:

- Have one-on-one time with your infant.
- Sit with your child and their favourite toy on the floor, facing them, and play together.
- While playing with your child, speak with them. Comment on the toy they have, the sound they are making, or the action they just made.

[Click here](#) to learn how to spend more quality time with your child.

TODDLERS (19 MONTHS – 2.5 YEARS)

LET'S PAINT TOGETHER

MATERIALS:

- Paper
- Multi-coloured paint
- Paintbrushes
- Plates
- Tablecloth
- Cup of water
- Optional: masking tape and old t-shirt

DIRECTIONS:

- Cover the table with a tablecloth.
- Prepare the paint. If your paint is in bottles, squirt out a bit of each paint onto a plate, to make it easier for your child.
- You may put an old t-shirt on your child, so they do not get paint on their clothes.
- Place the paper, paintbrushes, a cup of water and the paint on the table. Show your child that after using a coloured paint, they may put the paintbrush into the cup of water to clean it.
- Sit with your child at the table, and have fun painting together!
- Comment on your child's work. For example, you may say: "You are using red and blue paint! I am using yellow and green paint!"
- Optional: before painting, give your child a few long pieces of masking tape, and encourage them to place it on their paper.
- Once you are finished, let your painting dry.
- After it has dried, pull off the pieces of tape from your paper, and look at the designs you have made.

[Click here](#) for ice sensory fun with your child.

PRESCHOOLERS (2.5 – 5 YEARS)

RING, RING, RING!

MATERIALS:

- Old phone that you are not using

DIRECTIONS:

- Bring out an old phone that you have not been using.
- Give your child the phone, and encourage them to call you.
- Using your phone, say: "Ring, ring, ring!", and answer your child's call. Begin speaking with your child on the phone.
- Watch as your child begins to communicate in many ways. You might even see them speak, stand, or use body languages the same way as you do!

[Click here](#) to have the perfect indoor camping experience with your child.

JK/SK (4 – 6 YEARS)

AN ACTIVITY A DAY, KEEPS US TOGETHER EVERYDAY!

MATERIALS:

- A basket or bowl
- Paper
- Pencil

DIRECTIONS:

- Ask your child what activities they enjoy doing, or a new activity that they would like to try. Write these suggestions on a piece of paper.
- Cut the suggestions into strips, and fold them in half.
- Put the suggestions in a basket, or a bowl.
- Each day, pull out one activity from the basket, and enjoy this activity with your child!
- Once all the activities in the basket are finished, encourage your child to think of more activities for the activity basket.

[Click here](#) to learn how to make a family origami house.

SCHOOL-AGERS (6 – 12 YEARS)

POSITIVE AFFIRMATION LETTERS

MATERIALS:

- Paper
- Pencils

DIRECTIONS:

- On a piece of paper, write down the names of your family members.
- Brainstorm positive things (affirmations) that you believe each of your family members have, and write them under their names.
- With your ideas, begin writing a positive affirmation letter to each member of your family.
- Once you are done, fold them in half. You may give your letters to family members right away, or wait for a special occasion. For example, their birthday.

[Click here](#) for easy recipes to cook as a family.



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

A TIP FOR TODAY

- Allow for unstructured, uninterrupted time with your child each day.
- Let your child know you are interested in their activities.
- Encourage your child to express their feelings.
- Respect your child's feelings.
- Play games that explore feelings.
- Limit television, and other screen time.
- Communicate and listen to your child without judgement.
- Remind your child and family that you love and appreciate them.