



## HELLO PARENTS,

November 20 is celebrated in Canada as National Child Day. It honours Canada's adoption of two important documents on children's rights: The United Nations Declaration of the Rights of the Child and The United Nations Convention on the Rights of the Child. Since signing both documents, Canada has committed to ensure that all children are treated with dignity and respect. This commitment means that all children are free to express themselves and their opinions, are protected from harm and provided with their basic needs and every opportunity to reach their full potential. We would like to invite you and your families to join us in celebrating children as active participants in their own lives and communities, and as active citizens who can make decisions and meaningfully contribute to the society.

## HOW TO CELEBRATE NATIONAL CHILD DAY

- Learn more about children's rights. [Click here](#) to read the United Nations Convention on the Rights of the Child and [here](#) to read the United Nations Declaration of the Rights of the Child.
- Plan a special activity for your family. Some ideas include: reading together a book focused on children's rights; having a conversation with your child about their rights; making a family mural related to children's rights, etc.
- Ask your child how they would like to celebrate their special day and follow their lead.
- Tell your family, neighbours, and colleagues about National Child Day to help raise awareness. Share information on social media.
- Follow National Child Day on social media. They will be sharing articles, quick facts, links to resources, and local National Child Day event listings throughout the month of November. [Click here](#) to go to their website.
- [Click here](#) for the "National Child Day Children's Rights Activity Guide".

## FAMILY ACTIVITIES A WORLD OF RIGHTS

### MATERIALS:

- Photos from magazines or the Internet of children in various countries of the world. Each photo should illustrate one children's right in action.

### DIRECTIONS:

- Read with your child The Convention on the Rights of the Child (see the link above).
- Have your child explore the photos and match each photo to the right it represents.
- Engage your child in a discussion about each right.

## CHILDREN'S TAKEOVER DAY

On November 20, children in Canada and around the world will take over roles in organizations, government, business, sports, media and entertainment. You can do the same at home!

### MATERIALS:

- Phone or camera with video recording function

### DIRECTIONS:

- Have your child plan the whole day:
  - Prepare meals menu
  - Come up with activities for the whole family
  - Assign chores and responsibilities
  - Lead a discussion on any topics they choose
- Throughout the day, encourage your child to record on video the activities and events of the day. Watch the recording together at the end of the day and discuss how different the day was when your child took over.

## TURN YOUR WORLD BLUE

The colour blue has been used to symbolize National Child Day.

### MATERIALS:

- Blue paint
- Blue clothes, ribbons, etc.

### DIRECTIONS:

- Wear blue clothes or blue accents on November 20.
- Turn your desktop background blue.
- Paint a picture using only different shades of blue.
- Make a blue sign for National Child Day and place it in a window.
- Make a blue background using blue paper, scarf, etc. and snap a photo of each family member. Later, create a picture collage and incorporate some children's rights into it.

[Click here](#) to read "I Have the Right to Be a Child" by Alain Serres and Aurélia Fronty.