





Responsiveness + Role Modelling = Self Regulation

TIME SPENT
PLAYING
WITH CHILDREN
IS NEVER
WASTED
-DREW LENTINO
WWW.DREWLENTINO.COM

What Can I Do?

Prenatal (Before Birth)	Infants (Birth to 17 months)	Toddlers (18-29 months)	Preschoolers (30-48 months)	For All Ages
<p>Taking the time to relax while pregnant will help your baby relax.</p> 	<p>Soothe your baby and attend to their needs.</p> <p>Try to stay calm in stressful situations. Your baby will learn from your behaviour.</p> <p>Watch to see what helps sooth your baby and encourage it.</p>	<p>Help your toddler discover their surroundings . Listen understand and use words to explain their needs and feelings.</p> <p>Use distractions when your toddler appears to be upset.</p> <p>Provide choices to allow your toddler to feel in control. Ex. “would you like to wear your red shirt or your blue shirt?”</p> <p>Create routines for all regular activities such as bedtime and feeding.</p>	<p>Notice how your child reacts to situations.</p> <p>Praise your child for their efforts.</p> <p>Meditation and breathing techniques help your child feel calm.</p> 	<p>Accept your child’s feelings and help them walk through them.</p> <p>Play stop and start games with your child such as freeze dance. Name the action as you stop and go to music.</p> <p>Use specific praise for your child to appreciate behaviour by describing what they did well.</p>

Resources

BOOKS

When Sophie Gets Angry – Really Angry by Molly Bang
Hands Are Not For Hitting by Martine Agassi
Peaceful Piggy Meditation by Kerry MacLean

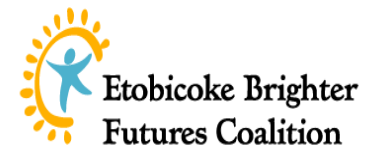
SONGS

Sleeping Bunny
 Zoom Zoom Zoom We’re Going to the Moon

Did You Know?

The better a child can stay calm, focused and alert, the better he or she is able to understand information and can cope with difficult situations in a positive way.

Self-regulation develops when adults respond sensitively to a child’s needs.







Healthy Experiences + Supportive Environments = Positive Thoughts



What Can I Do?

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<p>Have positive thoughts towards your baby, thinking: "I love you", "I can't wait to hold you" and "I can't wait to meet you."</p> <p>These thoughts will begin a healthy emotional start to life from the womb.</p> <p>Ask for support from your doctor or nurse if you are feeling overwhelmed, sad or worried.</p> 	<p>When holding your baby or sitting next to them, name their feelings and thoughts, "You're crying, you must be hungry or tired."</p> <p>Positive thoughts towards your infant encourages them to have good thoughts about themselves.</p> <p>Respond quickly and sensitively to your infant's cries so that she/he feels her/his needs are being met.</p>	<p>When playing with your toddler, share your thoughts of joy and pride.</p> <p>When your toddler is crying offer thoughts "you're so upset, I'm here for you."</p> <p>Accept their feelings.</p> 	<p>When playing or during routines share your thoughts with your child.</p> <p>Give positive attention to your child when they are focused on a task, like feeding or dressing themselves or playing well.</p> <p>Notice when your child is focused or distressed.</p> <p>Accept and share their joy and distress. "I see you are upset, because someone broke your tower that you worked so hard on."</p>	<p>It is through you that your child will begin to foster independence and gain self-esteem because they feel love.</p> <p>Tell your child how happy they make you. "I love spending time with you."</p> <p>Name your own emotions. It's ok to talk about them and why you are feeling that way: "I feel frustrated because you won't put on your coat."</p> 

Resources

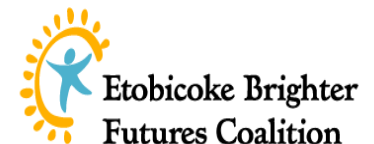
BOOKS

- Be Positive** by Cheri J. Meiner
- I Think I Am** by Louise L. Hay and Kristina Tracy
- What Are You Thinking** by Valerie Ackley

Did You Know?

Thoughts can control how you feel and behave.

Positive thoughts can help build positive self esteem.







Love + Care + Safe Learning Opportunities = Resilience

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-DENISE LEITERS
WWW.DENISELEITERS.COM

What Can I Do?

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<p>Sing, talk and read to your baby while you are pregnant.</p> <p>Gently touch or rub your belly and tell him/her that you LOVE them.</p>	<p>Respond to your infant's needs.</p> <p>Infants often mirror parent/caregivers emotions.</p> <p>Encourage your infant to try new things (e.g., reaching for toys, rolling over) by showing excitement at their attempts.</p> 	<p>Allow your toddler to try new experiences and give them enough time to problem solve.</p> <p>Support your toddler to learn new skills such as feeding themselves, instead of doing it for them. Praise your child for trying.</p>	<p>Provide opportunities for independence by having your child separate from you.</p> <p>Join Parent/Caregiver and Child programs, have playdates with family and friends, register your child for an activity.</p> <p>Ask your child for their help in household activities.</p> <p>Show your trust in your child even when things go wrong.</p> <p>Teach relaxation skills through breathing activities.</p>	<p>Use specific praise so your child knows what they did that was positive, e.g., "good tidying up" instead of "good girl".</p> <p>Set your child up for success by having clear rules and tell your child what is expected of them.</p> <p>Let your child act-out feelings through role play or storytelling.</p> 

Resources

BOOKS

Biscuit Finds a Friend by Alyssa Sotin Caupeilli

Moondance by Frank Asch

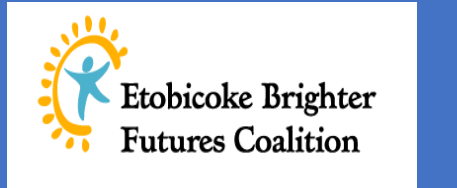
Sara and the Door by Virginai Allen Jensen

Did You Know?

Resilience must be learned.

Resilience can be taught from infancy.

Feeling safe to try new things promotes the ability to deal with obstacles.







Recognition + Attention = Emotional Development



What Can I Do?

Prenatal (Before Birth)	Infants (Birth to 17 months)	Toddlers (18-29 months)	Preschoolers (30-48 months)	For All Ages
<p>Remember to talk, read, sing to your future child. Because your baby is listening and learning words, songs and sounds.</p> <p>Reduce stress whenever possible during your pregnancy to enhance your baby's wellbeing.</p> <p>At birth your baby will recognize your voice, from hearing it while being in the womb.</p>	<p>When your infant smiles at you, smile back.</p> <p>When he/she raises open arms, pick him/her up.</p> <p>Be consistent with routines and responses so your baby feels secure.</p> 	<p>Describe the facial expressions of your toddler as they happen.</p> <p>Example: "Look at your big eyes and wide mouth, you look happy to see the puppy."</p>	<p>Acknowledge and label your child's feelings: sad, happy, angry, scared, surprised, frustrated.</p> <p>Create a book of photographs with different faces (happy, sad, mad, scared, etc.) and label them with your child.</p> 	<p>Demonstrate affection with hugs and loving words.</p> <p>Name your child's feelings.</p> <p>Example: "You look sad; but it is not your turn right now."</p> <p>Help your child problem solve "Would you like to find another toy, or wait until it is your turn to play with that toy?"</p>

Resources

BOOKS

Hug by Jez Alborough
The Feelings Book by Todd Parr
Glad Monster, Sad Monster by Ed Emberley

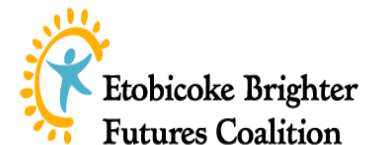
SONGS

If you're happy and you know it, clap your hands.
 If you're angry and you know it, take a breath.
 If you're excited and you know it, yell hooray.

Did You Know?

Offering your child attention, affection and love is never going to spoil them.

Responsive care-giving establishes the foundation of emotional development.







Brain + Body = Wellbeing

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-DREW KURTZ
WWW.HOODMATTERS.COM

What Can I Do?

Prenatal (Before Birth)	Infants (Birth to 17 months)	Toddlers (18-29 months)	Preschoolers (30-48 months)	For All Ages
<p>Sing, talk and read to your baby while you are expecting.</p> <p>Gently touch or rub your belly and tell your baby that you LOVE them.</p> 	<p>Use daily routines such as bath-time to massage your infant.</p> <p>Respond to your infant with love and nurturing kindness.</p> <p>Share smiles and show you care when your baby needs comforting.</p> <p>Skin to skin contact helps to create a special bond with your baby.</p> <p>Name pictures in a baby book.</p> <p>Rock and pick up your baby gently.</p>	<p>When you play with your toddler let them be the leader.</p> <p>Play Hide and Seek games.</p> <p>Sing songs together.</p> <p>Read stories together.</p> <p>Provide specific praise.</p> 	<p>Sing, read and tell stories together.</p> <p>Talk about things that happened throughout the day, especially positive experiences.</p> <p>Praise your child's actions and when they do something you like.</p> <p>Praise your pre-schooler with high fives, hugs and pats on the back.</p> <p>Have your child tell you a story from the pictures in a book.</p> <p>Introduce new words to your child, by labeling objects, actions, feelings.</p>	<p>Tell your child you LOVE them.</p> <p>Play Face to Face games (Peek – A- Boo)</p> <p>Hug and respond in a loving way to your child.</p> <p>Find time to play daily with your child.</p> 

Resources

BOOKS
Look at family pictures and talk about them with your child.
Tell them your family stories.
I Need A Hug by Aaron Blabey

SONGS
Hearts and Kisses
1 little, 2 little, 3 little hearts, 4 little, 5 little 6 little hearts, 7 little, 8 little, 9 little hearts, 10 little hearts and a KISS!

Did You Know?
Wellbeing of the brain is an on-going process.

Positive physical touch provides opportunities for gentle and loving time together.







Care + Understanding = Empathy

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WWW.DREWLENTINO.COM

What Can I Do?

Prenatal (Before Birth)	Infants (Birth to 17 months)	Toddlers (18-29 months)	Preschoolers (30-48 months)	For All Ages
<p>Sing, talk and read to your baby while you are pregnant.</p> <p>Staying calm during your pregnancy is very important.</p> <p>Gently touch or rub your belly and tell your baby that you LOVE them.</p>	<p>Respond to your infant with love and nurturing kindness.</p> <p>Share smiles and show you care when your infant needs comforting.</p> <p>Cuddle, talk, sing songs with your infant.</p> 	<p>Try to remain calm during new or stressful experiences. Your toddler will pick up on your feelings.</p> <p>Talk about your and your toddler's feelings.</p> <p>Empathize with your child. For e.g., "you look scared, sometimes dogs can be scary".</p> <p>Draw your toddler's attention to other people's emotions. For e.g., "he looks sad, maybe someone took his toy".</p>	<p>Sing songs and read stories about feelings.</p> <p>Set a good example through words and actions.</p> <p>Praise your preschooler for comforting another child.</p> <p>Talk about others' emotions and why they are feeling that way.</p> <p>Encourage pretend play so that children can begin to understand how others feel.</p>	<p>Tell your child you LOVE them.</p> <p>Hug and respond in a loving way to your child.</p> <p>Separate with confidence when you leave your child with someone else.</p> <p>Play daily with your child.</p> 


Resources

BOOKS
Baby Happy, Baby Sad by Leslie Patricelli
The Feelings Book by Todd Parr
How Are You Feeling by Saxton Freymann and Joost Elffers

Did You Know?

Parents' responses to situations influence how children respond.

Empathy plays an important role in the development of social skills.







Understanding + Expression = Communication

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WWW.HAPPYCHILDREN.COM

What Can I Do?

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<p>Talking, reading and singing to your baby helps to recognize your voice and sounds, right from the start.</p>	<p>Share your infant's gaze by looking at the same things and name what it is.</p> <p>Look at pictures and books with your infant. Talk about what they see.</p> <p>Copy your infant's sounds.</p> 	<p>Be careful not to ask too many questions.</p> <p>Give your toddler time to take their turn and respond - with a word or a look or a action.</p> <p>Build on your child's sentences by adding to them.</p> <p>Ex. if your child says: "Boots" Then you might say "Yellow boots".</p>	<p>Words are more likely to become part of your child's vocabulary when they are used often in play.</p> <p>Use actions or gestures to show your child the meaning of new words.</p> <p>In daily conversations use new words so that your child can hear and practice them.</p>	<p>When talking to your child face them and be at their eye level.</p> <p>When playing with your child follow their interest and add new words or pieces of information.</p> 


Resources

BOOKS
Corduroy by Don Freeman
The Very Hungry Caterpillar by Eric Carle

SONGS
 Round and Round the Garden
 Twinkle Twinkle Little Star

Did You Know?
 Crying is a way in which children communicate.

Language rich environments are the foundation for future learning success.







Attunement + Dependability = Attachment

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-DREW HEATON
WWW.DREWHEATON.COM

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<p>Talk, read and sing to your future child.</p> <p>Make physical contact with the baby.</p> <p>Ex. Rubbing your stomach and/or poking in response to a kick.</p> <p>Learn baby's patterns of activity.</p> <p>Attend classes that provide education about what to expect when the baby arrives.</p> 	<p>Read, response and understand unique cues your baby sends.</p> <p>Use lotion to massage infant's hands and feet, this will reduce tension and bring the brain into a less defensive state.</p> <p>Play peek-a-boo.</p> <p>Imitate their sounds.</p> <p>When your baby raises their arms, pick them up.</p> <p>Smile back at baby and maintain eye contact.</p> <p>Encourage your baby's exploration of their environment .</p>	<p>Give your child piggy-back rides - this will enhance physical closeness in a fun manner.</p> <p>Set time aside to interact playfully with your child.</p> <p>Read books, recite nursery rhymes.</p> <p>Have your child direct your experiences with them, let them decide how to spend time together.</p> <p>Encourage touch in a safe manner.</p> <p>Help label their feelings.</p> <p>Listen to them tell you how they feel.</p>	<p>Engage in imaginative play with your child.</p> <p>Ex.: "I see that you're playing with that teddy bear. Could he be a magical teddy bear?"</p> <p>Play hide and seek.</p> <p>Make funny faces at each other.</p> <p>Read stories before bed.</p> <p>Create and stick to a routine so the child knows what to expect every day and feels secure.</p> <p>Invite your child to do activities with you and provide them with opportunities to succeed.</p>	<p>Demonstrate affection and encouragement.</p> <p>Meet child's needs in a consistent and appropriate manner.</p> <p>Comfort child when they experience moments of distress.</p> <p>Help your child understand their feelings.</p> <p>Encourage laughter and play.</p> 

Resources

BOOKS

I Love You Forever by Robert Munch

Wherever You Are: My Love Will Find You by Nancy Tillman

Hey Little Baby by Heather Leigh

Did you know?

Interacting with your child will increase the "feel good" chemical, oxytocin in their brain that promotes brain development!

When you are responsive and sensitive to what your baby "serves", you can form a "return" response that creates a loving and supportive environment that children can thrive in.

