

BOOKMARKS – AMENDMENTS (AS AT AUGUST 8, 2018 RESOURCE REVIEW MEETING)

- (1) On front of bookmarks add social media sites
- (2) Remove websites from back to front on the bookmarks.
- (3) Remove Facebook and QR symbols

<p align="center">You are ... what makes the difference in your child's life</p> <ul style="list-style-type: none"> * Put away all electronic devices for a day and; * Make a fort under the table * Read a book * Ask a child to help you make a snack; sit and eat it together 	<p align="center">Play with your child</p> <ul style="list-style-type: none"> * Go outside look for bugs * Use sidewalk chalk to draw a picture or play hopscotch * Meet friends at the park * Find a cardboard box to play with * Be amazed by your child's imagination 	<p align="center">Parenting is a big job – it's okay to ask for help</p> <ul style="list-style-type: none"> * Trade an afternoon of childcare with a trusted friend or neighbor * Connect with others * There is a network of people and resources ready to help: www.foothillsnetwork.ca * Share a smile and a kind word when you see a parent out with their child 	<p align="center">Make health and wellbeing a priority</p> <ul style="list-style-type: none"> * Enough sleep means happier days for you and your child * Take your child to the grocery store and choose a new fruit or vegetable to try * Teach your child the words for their feelings (sad, happy, mad)
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<p align="center">Make time for family and traditions</p> <ul style="list-style-type: none"> * Make memories by eating and talking together * Look at photos together and tell your child a story about when they were little * Think about an activity that was special to you as a child and repeat it with your family ... or start a new tradition! 	<p align="center">Value the time you spend with your child</p> <ul style="list-style-type: none"> * Talk, sing, read and play with your child * Find healthy ways to relax together * Show your child you care by: <ul style="list-style-type: none"> - Giving hugs - Playing on the floor together - Saying "I LOVE YOU" * Build relationships by limiting screen time 	<p align="center">Provide love and limits</p> <ul style="list-style-type: none"> * Provide routines for your child, but leave room for the unexpected * Let your child try something new * What you can expect of your child will change as they grow and learn * Limit screen time in your family 	<p align="center">Have confidence in your parenting and take care of yourself</p> <ul style="list-style-type: none"> * Trust your judgment * Go for a walk with a friend or your partner * Forget perfection - aim for your best * You are not alone. Seek information from those you trust
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**Build strong relationships
in your family every day**

- * Make sure your family hears:
 - I believe in you ...
 - I trust you ...
 - I know you can handle it ...
 - You are listened to ...
 - You are care for ...
 - You are important to me ...

Source: Barbara Coloroso

**Support your child as
they learn and grow**

- * Play on the floor and be active
- * When your child needs you, respond quickly and sensitively
- * Expose your child to new experiences
- * Encourage your child to play with other children
- * Talk about feelings